



*a moment in time*  
*2023*

*Barnstable High School*



## Amanda Coutinho

has been fortunate to use volleyball as a tool to work with younger kids in our community, and it has opened a door for her to travel to Bangladesh this winter to participate in a cultural exchange program. All of her experiences have led her to want to pursue a career in the medical field to continue to help those in need. Since both of her parents are from Brazil, she is able to speak Portuguese.



## Jett Doherty

is a part of the hospitality class at BHS. Lacrosse is his favorite sport and has been for a very long time. Jett is a captain of the varsity lacrosse team. He also participates in the DECA business program where he enjoys learning many key aspects about what he would like to do when he is older.

## Rose Bancroft

is a third year fashion design student. Rose along with her classmate, Molly Hudson, have loved the experience of designing and constructing clothing through fashion design. Rose's favorite thing is the end of the year fashion show, where she gets to showcase all of her work from the year. This year she is creating a collection of garments for a senior line. Rose also looks forward to studying fashion design in college.



## Sam Colesano

is an infielder on the varsity baseball team. He has played baseball since the age of five, starting from tee ball in Barnstable Little League to now, varsity, for BHS. Next year, he will be attending NC Wesleyan University to play baseball and study Exercise Science. He was inducted into National Honors Society last year and enjoys giving back to the community by volunteering anywhere and any way he can.



## Joslin Cabral

has played pretty much every sport. Her current sports are varsity cross country, basketball, and outdoor track. She has played basketball for most of her high school career, and is part of the varsity team. She discovered track her sophomore year, and this past year qualified for states for discus and got an eighth place medal there. This Cross Country season is the first year she could truly participate in due to injury, but is her second year on the team. Sports are a huge part of her life and have made her who she is today.



## **Hannah Framson**

enjoys giving back to the community and is secretary of Key Club. She is also Vice President of Military Support Club, and Co-president of Girls in Stem Club along with Jaye Fedele. Hannah has enjoyed being a part of the PLTW engineering pathway since ninth grade, and is extremely passionate about the environment. Outside of school, she likes to spend time with her friends, go to the beach, see the sunset, and travel. She is also the creator of this page.

## **Emily Turner**

is an intern for Child Development, and has done child development for four years. Emily believes working with the children has been a great opportunity provided by BHS. She has been able to explore her passion for helping young children expand their minds by creating a safe environment to talk about personal things, while being respectful and responsible.



## **Molly Kenney**

loves to watch her friends play their sports they love. She goes to watch volleyball, field hockey, lacrosse, hockey, etc. She has gone to almost every volleyball game, as school spirit is very important to her. Molly enjoys spending time with her friends and the people she loves by watching scary movies and going out for sushi.

## **Ben Davis**

has been a Barnstable wrestler for four years and enjoys Mixed martial arts. Additionally, Ben spends his time cooking and working in restaurants, especially Mattakeese Wharf. Ben's love for cooking is seen through his Instagram account called "foodlovelyy" and in the culinary course at BHS. He idolizes the late Anthony Bourdain and is excited to follow in his footsteps after high school.

## **Amelia Cassidy**

has been enrolled in child development for three years. Although she's always adored children, her passion in childcare started her freshman year when she was introduced to the child development program here at Barnstable High School. She has enjoyed working with the teachers and children here at Barnstable Public Schools Child Development Center over my high school years, and hopes to come back and work with them in the future.





udent section wears  
Hawaiian-themed shirts in honor  
of Sam Needham as they cheer  
for the RedHawks football team.

# 2023

## Barnacle

Barnstable High School  
744 West Main Street  
Hyannis, MA 02601  
508-790-6445







# a moment *in time*

**From the time we first started in kindergarten,** until the time we became seniors, we have spent countless hours together throughout the course of school. We have spent countless hours studying, countless hours taking tests, and countless hours making memories. Together, we have made an innumerable amount of memories that will last a lifetime. Throughout the years, we have been lucky enough to really get to know and grow up with each other. Even with our interrupted time due to COVID, when we had to do school from home, we've come together and come out stronger from those hard times. These special moments are the moments that define who we are. Now, 13 years later, it is our moment in time to move on and continue our lives beyond high school.

*We will never forget our time together at Barnstable.*

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# moments in *summer*

Summertime on Cape Cod offers a variety of things to do. With miles and miles of sandy coastline, Cape Cod is known for its beautiful beaches.

Whether you are enjoying your moments having a campfire on Sandy Neck beach, eating lunch at the Barnacle, getting ice cream at Par-Tee Freeze, riding your bike along the Rail Trail, bodysurfing waves at the Beachcomber, mini-golfing at Skull Island, or fishing in Nantucket Sound, the Cape offers something for everyone.

As the sun begins to set later, your moments during the day seem to last longer. These special summer moments will be the ones that make memories you will look back on for the rest of your life. Summertime always seems to fly by, but as summer ends, we begin to prepare ourselves for the special senior moments that are ahead.





Molly Cahill, Elisabeth Baird,  
and Jordynn Johnson enjoy  
a sunset walk at Indian Trail  
Beach in Barnstable Village.





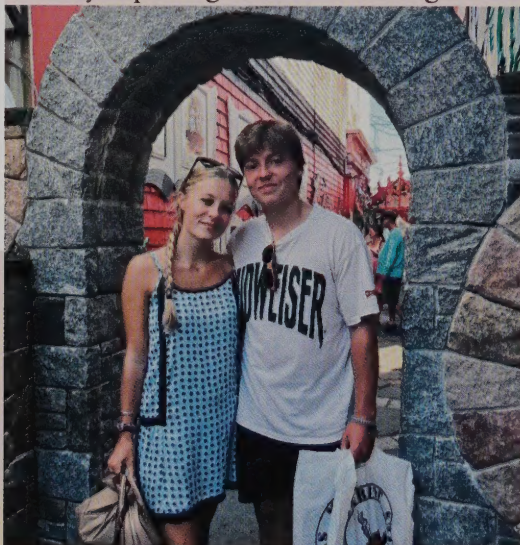
# sweet summer time



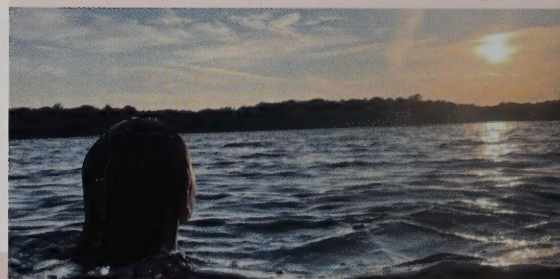
Bella De Oliveira and Rayssa Lima  
relax in the sunshine.

a glimpse at the  
memories made before  
our senior year

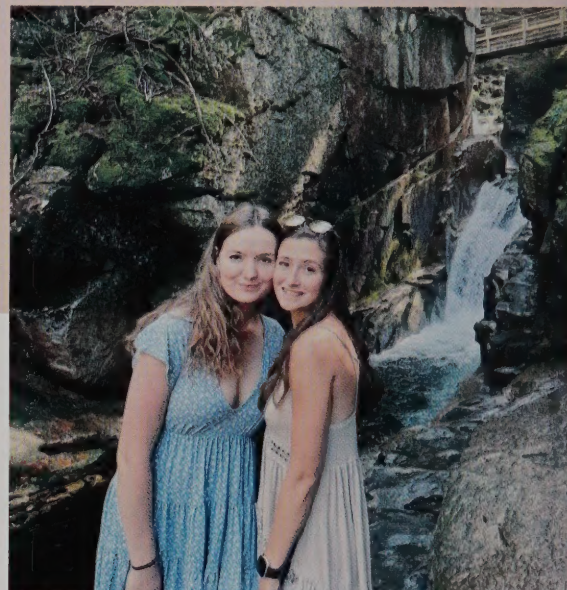
Alyssa Svensson and Michael Smith spend  
the day exploring Provincetown together.



Adrianna Giannelli enjoys a sunrise swim  
one morning at Hamblin's pond.



Owen Tuepker, Ryan Christensen, and Luc-Andre  
Sader attend rides at the Barnstable County Fair.



Catherine Curley and Cece Brisbois spend  
time at Sabbaday Falls, New Hampshire.



70% of students preferred to watch a movie at a drive-in theater over an indoor movie theater.



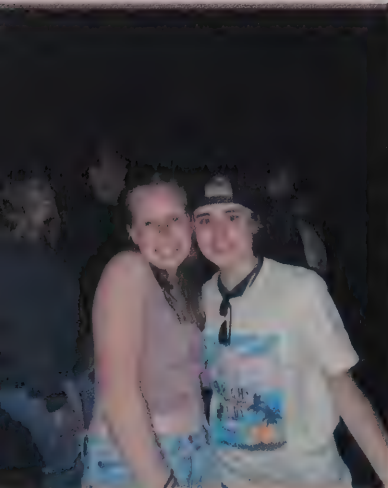
Sandy Neck was the most visited beach by students.



Steve & Sue's Par-Tee Freeze was the most popular destination for mini golf and ice cream runs.



Molly Cahill and Lily Pawsey attend the Lumineers' concert at the Xfinity Center.



Emma Sullivan, Lindsay Jones, Annabelle Kane, and Samantha Desrocher go to Steps Beach, Nantucket.



Alex Arabadzhiev abroad in Riga, Latvia.



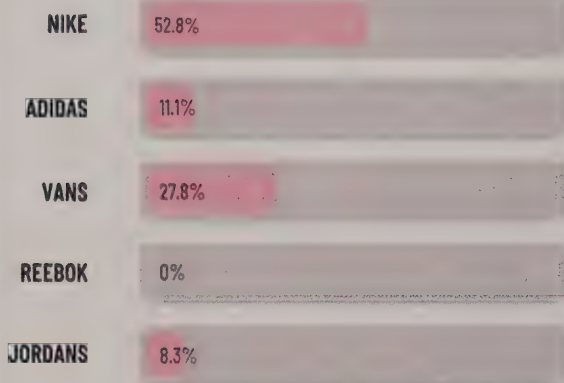
Sydney Bright, Margaret Maki, and Molly Kenney take a boat out on Lake Wequaket for sunset.

# time to shine

*Seniors explore their individual fashion styles and popular trends.*

*We use fashion as a way to express our individuality and our sense of self. Even if you wear just a simple T-Shirt or you're decorated in lots of jewelry, it all connects to the uniqueness that makes Barnstable students themselves. After a rough year, being able to come together and share our ideas of what contributes to our identity is so important to our self expression.*

## Favorite shoe brand?



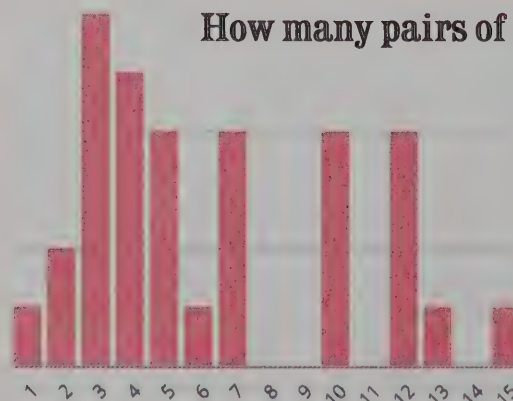
## Would you rather wear a fedora every day or be bald for the rest of your life?



## Casual Vs Dressy



## How many pairs of shoes do you own?





# What is your opinion of the new student dress code?



**Danica Vernet**

Closet staple:  
Oversized Graphic T-shirt

Where do you shop?  
Rue21

Describe your Style  
minimalistic preppy

**Lily Pawsey**

Closet staple:  
Hot dog Costume

Where do you shop?  
Urban Outfitters

Describe your style:  
confused white frat boy



**Dona Grace**

Closet staple:  
Sweatpants  
Where do you shop?

My Brother's closet

Describe your style  
Mainly casual oversized



"I like it better, because its less gender specific and less targeting of the female body. Everybody wears undergarments, nobody's undergarments should be showing, that's pretty standard. If you went to work with your underwear showing yeah, that's a problem. So overall I think its way better than just coming down on the girls."

**-Ms. Butterfield**



"I believe that we are trying to foster a place of learning and hopefully we can eliminate as many distractions as we possibly can. And therefore we can facilitate an environment that is inclusive for all people to be able to do what they want and need to do."

**- Mr. Dumas**



"I think our students should be treated as adults, so I think we should be modeling whatever expression they want to do. I think the new policy, I think that's pretty good."

**-Mrs. O'Connor-Vince**



"I support the new dress code I think it's a good thing when people get dressed in the morning that they put their best foot forward, I'm happy the fact that its not gender specific. I think they should add pj's to the list, because you're not putting your best foot forward if you roll out of bed and come to school in the clothes you had on in bed. Aside from that I think it's a really good thing, and I think it's fair and just."

**-Mr. Pierre**

009

**Brendon DaSilva**

Closet staple:  
Blazers

Where do you shop?  
Macy's

Describe your style:  
Casual, Comfy, Sporty



**Maryana Crawley**

Closet staple:  
Pink Pants

Where do you shop?  
Anywhere, mostly thrift shops

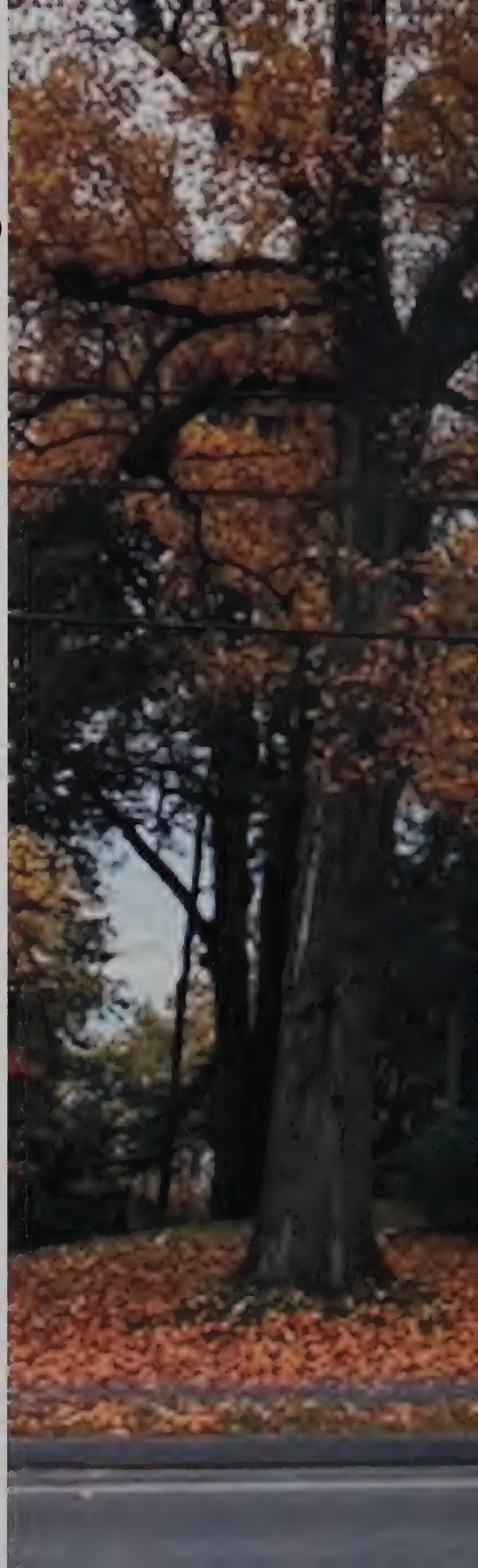
Describe your style:  
Bratz wannabee





# autumn moments

Between the changing foliage and crisp sunsets, Cape Cod is a beautiful place to live in the fall. As the humid summer air turns into a crisp autumn smell, sweaters, boots, and jackets come out of hibernation from their closets to keep us warm. The sun starts to set earlier and it becomes harder to wake up for school. Football season starts, the holidays approach, and excitement fills the air. Carving pumpkins, apple picking, observing the beautiful foliage, and drinking apple cider, enjoying a fall sunset, and spending time with loved ones are just a few ways to enjoy your moments in autumn. As we spend our autumn moments together, we continue to make memories that we will continue to look back on. We grow more and are eager to graduate, but we must never forget to appreciate each moment and enjoy the beautiful scenes around us.





Fall Foliage:  
Oona Grace captures a  
picture of the  
house while on a  
walk in Amherst, MA





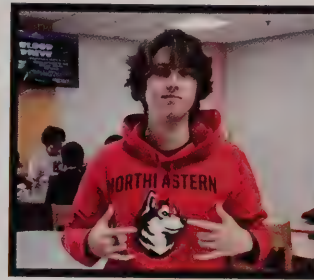
# Biggest Ick?



"When they can't look me in the eyes when talking to me."  
- Juliana Hamelburg



"People using the word ick."  
- D Bot



"When people fall and try to act like they didn't, like stay in the ground and laugh at yourself."  
- Gla Johnson



"People under five feet tall."  
- Garrett Sheehan

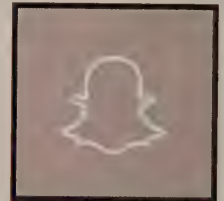
## learn the lingo

Seniors explore entertainment through lingo, social media, and popular shows of 2022.



Our generation's love for various social media platforms such as Snapchat, Instagram, TikTok, to name a few have skyrocketed. Not to mention the rising population of hilarious and interesting trends. One of the most common trends in our generation is sharing your unpopular opinion. It can be defined as your opinion on something that is considered weird or opposite from that of the rest of the crowd. "I love physics!". Another trend is your "biggest ick," which is something someone does that just disgusts you to your core. There are numerous other trends and slang words, and the amount of Gen Z slang is vast and ever-changing. Furthermore, our love for bingeing tv shows in one day is something we take great pride in, whether it is Netflix, Hulu, Apple TV or Disney Plus, there is something for everyone. Throughout this page, we can take a look back at some of the most popular trends and slang words this year alone.

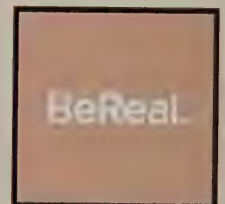
### Top Used Social Media:



Snapchat



Instagram



Be Real



TikTok



# BEST + WORST

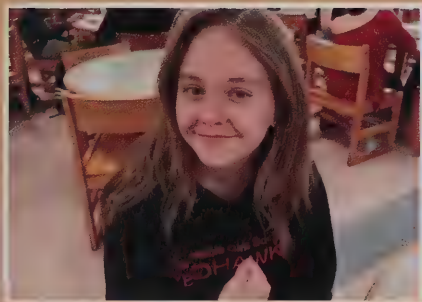
## S L A N G



### Destinee Powell and Madelyn Perry

**Best:** "BFFR" - stands for "be for real", used when you're told something that is unbelievable

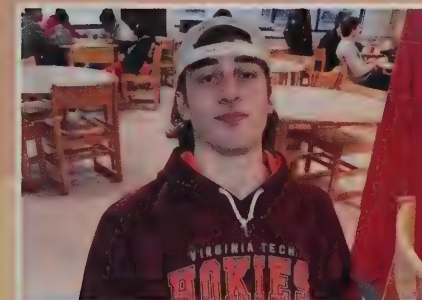
**Worst:** "Mid" - a word to label something or someone as average or not that great.



### Rose Dibb

**Best:** "Bruh" - can be used as a greeting or in response to someone saying something crazy or dumb

**Worst:** "Rizz" - similar to saying someone has play/game with a person they're interested in. "I have unimaginable rizz"



### David Sherburne

**Best:** "Ferda" - progresses from "for the/da boys" when someone gets or does something dumb for their friends

**Worst:** "Slay" - saying someone or something is "killing it" or doing great. "Your outfit is slaying!"



### Liz Rhodolakis

**Best:** "Slay"

**Worst:** "bet" - accepting a dare or just another way of saying "for sure"

## W O R D S

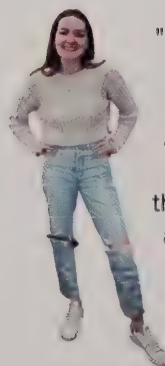
## What show are you bingeing?



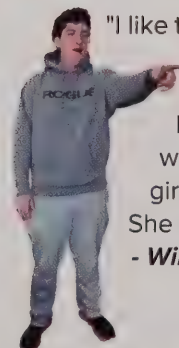
My favorite show is "Breaking Bad" because it's awesome. I watch can't stop watching it!  
- **Luc Andre Sader**



"I like the show "Hannibal" because it's a drama/ crime type of show."  
- **Alexis Brown**



"I'm currently watching "Grey's Anatomy" it's my favorite thing to watch after school."  
- **Catherine Curley**



"I like to watch "House of The Dragon" with my girlfriend, She hates it!"  
- **Will Robke**



# TIME FOR A TOUCHDOWN

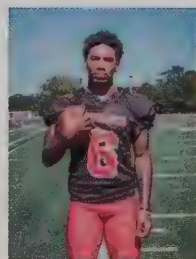
*Boys tackle the season after saying goodbye to twenty one seniors from the class of 2022*



JAKE MOONEY



JJ MARTIN



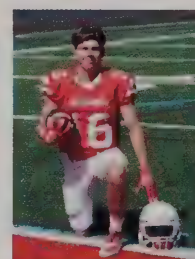
ANTONIO WHITE



DYLAN SUMNER



JULIAN HOGAN



ELIJAH JOHNSON

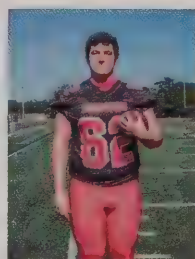
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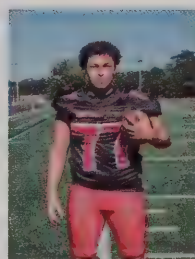
BRENDON DASILVA



MARC WISEMAN



WILL ROBKE



DOMANIC FORD



BENJAMIN LEACH

## MEET THE CAPTAINS

WHAT IS THE BEST PIECE OF ADVICE YOU HAVE RECEIVED?



JAKE MOONEY

"ALL YOU CAN CONTROL IS WHAT YOU DO, SO FOCUS ON THE NEXT PLAY"



MARC WISEMAN

"IF YOU TRY HARD ENOUGH, IT WILL PAY OFF IN THE LONG RUN"



WILL ROBKE

"DOING THE RIGHT THING IS NEVER THE EASY THING TO DO"



DOMANIC FORD

"KEEP SWINGING"



Barnstable Red Hawks 2022-2023 senior captains.

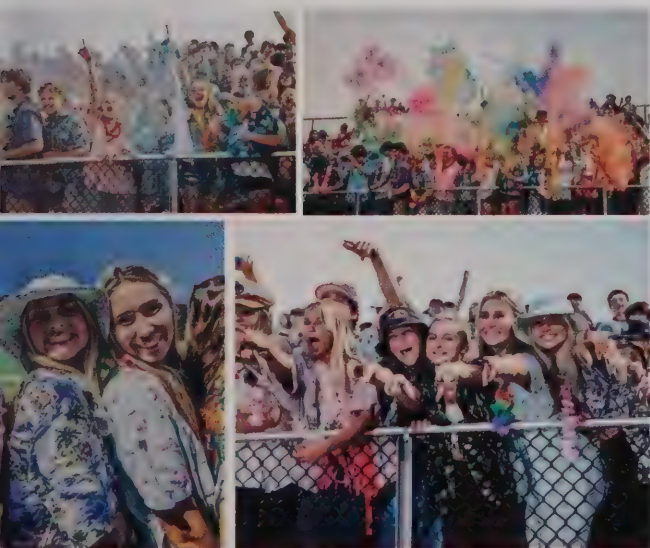


Players line the field before the start of the first game.





*Barnstable Football's 2022 season was one with many highlights including one of the most challenging schedules they have faced in years. With that came some ups and downs, but the team built amazing resilience and grit. The seniors truly stepped up and became leaders of the team, but besides showing strength on the field, they showed up when the community needed them. They had their annual cleaning up Main Street, a memorial game honoring Sam Needham, and a game showing support for a teacher who is a part of the BPS community battling cancer. The team is coached by Ross Jatkola, who joined the program when this year's senior class were 8th graders. He has helped them grow throughout their time with Barnstable Football. A long-standing Barnstable Football tradition is the Thanksgiving game Vs. Falmouth. Since 1895, the two teams have faced off on Thanksgiving day, and each team's records have shown the competition between the two. After the conclusion of the 2022 season, the team will lose eleven seniors whose contributions to the program will all be remembered.*



## FROM THE STANDS

*During the first home game of the 2022 Football season, Hawaiian shirts and color powder were used to celebrate the life of a Barnstable High School 2022 alumni, Sam Needham. His friends and family took the field before the game with his lacrosse jersey. The game was played as a tribute Sam and all that he gave to his friends, family, and Barnstable teams. The student section's spirit and pride goes to show the lasting impact Sam left on his community and those around him. Pictured on the left are frames from this night and the energy that was brought to Barnstable High School to honor him..*



# BRING IT ON BARNSTABLE

*Girls Volleyball makes it to final four with an impressive year, ending the season with a 19-3 record.*

The Barnstable Varsity Volleyball Team is pumped up for their 2022-2023 season. Being as motivated as ever, they are ready to take on their opponents with full force. The REDHAWKS opened the season on September 7 at home against Danvers. What follows is some tough early-season games against Hingham, Hopkinton, Dennis Yarmouth, Falmouth and Winchester. "Their goals are pretty high so you've got to face the best," said Turco. "We've always done that." Coach Turco has won 18 state championship with Barnstable. The Senior Captains Lindsay Jones, Lillie Ells, and Mackenzie Vektorino have been apart of the volleyball program all five years. Lindsay is the veteran player who is a big force at the net and the service line. She leads the team in hitting percentage with .260. Lillie is a hard working, soft spoken person that the younger players look up to. She has been productive from the Right Side position and provides a big block. Mackenzie is a defensive specialist who plays in the left back position. She has made big plays at crucial times both in the floor and at the service line. She brings energy during matches.



**Mackenzie Vektorino**



**Lillie Ells**



**Lindsay Jones**





### 2022-2023 Season Schedule

**Sept. 7** vs. Danvers  
**Sept. 9** vs. Hingham  
**Sept. 12** at Hopkinton  
**Sept. 19** at Falmouth  
**Sept. 21** vs. Dennis-Yarmouth  
**Sept. 27** at Winchester  
**Sept. 29** at Sandwich  
**Sept. 30** vs. Notre Dame Academy  
**Oct. 3** vs. Nauset  
**Oct. 5** vs. Falmouth  
**Oct. 7** vs. Westborough  
**Oct. 9** at Volleyball Classic at AIC  
**Oct. 13** at Bishop Feehan  
**Oct. 17** vs. Sandwich  
**Oct. 19** at Nauset  
**Oct. 21** at Dennis-Yarmouth  
**Oct. 24** vs. Needham  
**Oct. 26** at Dartmouth  
**Oct. 28** vs. Quincy  
**Nov. 14** Belmont  
**Nov. 8** Shrewsbury  
**Nov. 12** Franklin  
**Nov. 16** Newton North



Dig yellow is a volleyball match that began when an alumni volleyball player, Olivia Brodt, was diagnosed with Rhabdomyosarcoma. At that time, the goal was to raise money in support of Olivia and her family to help them best cope with the challenges that were in front of them. When Olivia passed away, they continued their Dig Yellow event and donated 100% of the proceeds to charity. Brodt's No. 3 has been retired by the program and hangs behind the team bench, while a banner on



the other side of the gym honors her as a member of the 1,000-career assist club. Outside the gym, there is a water fountain dedicated in her memory. On September 30th, Brodt's memory was publicly marked with the annual Dig Yellow game held as a charity for childhood cancer in her name during Barnstable's game with Notre Dame Academy of Hingham. Winning 3= 0. Coach Turco and the captains of the BHSVB met Tim the founder of Tommy's Place and presented him with a check from the game as a donation to Tommy's Place.

the other side of the gym honors her as a member of the 1,000-career assist club. Outside the gym, there is a water fountain dedicated in her memory. On September 30th, Brodt's memory was publicly marked with the



## TIMES TO REMEMBER



The girls volleyball team is not only a team, but a family. These girls travel together to school events, and they are united throughout all the games. Their togetherness extends to other teams, football being one of them with their annual jersey night. All the underclassman came together to support the seniors on senior night, thanking them for their leadership through out the 2022-2023 season.

## GAME HIGHLIGHTS



Coach Turco states, "The highlight of the regular season has to be beating DY 2X to win the Cape and Islands League with an 8-0 record."



Barnstable vs. Westborough. The girls didn't go down without a fight. There was a great turn out from the student population, creating a sea of red, white, and blue.



Varsity girls huddled up on play day, an annual event started in 2009. This year marks the 13th year of this tradition.



# BARNSTABLE

<<TAKES IT TO THE >>

# GOAL



Boys soccer gets hyped before a home game vs. the DY Dolphins

*Barnstable Boys Soccer finishes the regular season with a historical record of 12-2-4. This season for the Red Hawks was one for the books. Dominating the Old Colony League, Barnstable heads into the post-season ranked first in the league. A long awaited win against Nauset High School, hard fought games, and a senior night win are a few of the many season highlights. With a regular season total of 49 goals, the Red Hawks are a powerhouse team. Many Barnstable players received league and Cape wide recognition for an incredible season. Marcelo Diamantino, Philipe Ribeiro, Kaike Maia, Joao Da Silva, and Ramon De Sousa were awarded honorable mention as Cape and Island Atlantic Division*

*All Stars. Joao Da Silva was also honored with League MVP for the 2022 boys soccer season. A tough schedule made no difference to the RedHawks, as they held a nine game win streak spanning from the early to middle part of their season and ended by a tie against the DY Dolphins. This year's seniors; Luiz Teixeira, Brian Huerta-Tenezaca, Felipe Luiz Paghussat, Kevin Siguencia, and Ramon De Sousa will be missed in the RedHawks' future seasons. The 2022-2023 Red Hawks had an incredible performance all season long, and hope for more seasons similar to this one in the near Barnstable future!*



## CAPTAIN'S CORNER



Philippe Ribeiro (Jr.), Joao Da Silva (Jr.), Douglas Carr (Jr.).



2022-2023 VARSITY TEAM

Red Hawks celebrate a huge home win against Nauset (Top)  
Barnstable congratulates their goalie post victory against Martha's Vineyard (Bottom)



Luiz Teixeira battles for the ball

## 2023 VARSITY SENIORS:



- #11 Luiz Teixeira
- #77 Brian Huerta-Tenezaca
- #20 Felipe Luiz Paghussat
- #52 Kevin Siguencia
- #8 Ramom De Sousa



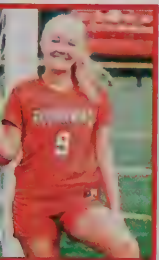
## SENIOR *Line up*



**Ana Brenda DaSilva**

Q: What's the best piece of advice you have ever received?

A: "Every good thing is uphill."



**Annie Kennedy**

Q: What is your favorite sport to play besides soccer?

A: "My favorite sport would have to be lacrosse."



**Molly Hudson**

Q: What does being apart of the soccer team mean to you?

A: "It has been like having second family to me. A space where I can feel comfortable and have fun with some of my closest friends."



**Rose Dibb**

Q: What is your favorite position to play?

A: "My favorite position to play is goalkeeper."



**Annabelle Kane**

Q: When did you start playing soccer?

A: "I started playing soccer in kindergarten for the BWB program."



**Lucie Ells**

Q: What is your favorite soccer moment?

A: "My Sophomore year when we went up against Nauset. It was so close in the shootout but we did end up winning the Cape and Island League Championships!"

# KICKIN' IT UP A NOTCH



**Annie Kennedy #9**

Senior Annie Kennedy shoots on goal as center defender.

As the 2023 Girls' Varsity Soccer season comes to an end, we can take a look back at the highlights of the season. Coach Ryan led the girls through the season with her knowledge of the game and strong support for her first year of coaching varsity. As we say goodbye to our six seniors who have been in the program for all five years and some even longer we can see how far they have come. This team was led by

captains: Ella Kostovick, Annabelle Kane, Rose Dibb, and Sofia Atsalis. For the girls' senior night, the younger girls on the team made posters and gifts in honor of their 5th and final season coming to a close. Additionally, Senior captain Rose Dibb received an honorable mention for the Cape & Islands League Atlantic Division Sportsmanship Award.



## The 2023 Girls Varsity Soccer Team



## The 2023 Girls Varsity Soccer Seniors



The team lines up to present to their six seniors.

## Senior Night



**Rose Dibb #1** and her family smile in celebration of her achievements.



**Ana Brenda DaSilva #3** keeps the ball in bounds.



**Annabelle Kane #12** and her family smile for a picture in recognition of her accomplishments.



**Molly Hudson #7** and her mother, Sue Hudson, smile for senior night.



The girls huddle together before their senior night match against Martha's Vineyard.

The girls place their feet onto the ball as a symbol of unity before their match against Martha's Vineyard.



**Lucie Ells #23** poses next to her senior night poster in support of her teammates right after surgery.



# MOST LIKELY TO WITH THE *SENIORS*:



**LOSE THEIR  
VOICE AFTER A  
GAME:**

*Grace Bunnell*



**FALL ASLEEP  
ON THE BUS  
RIDE HOME:**

*Penelope Clifford*



**SHOW UP  
EARLY:**

*Jaye Fedele*



**FORGET THEIR  
JERSEY ON  
GAME DAY:**

*Margaret Maki*

## S E N I O R S



The field hockey team, coached by Ms. Sweeney, had a successful regular season going 8-7-3 and qualifying for playoffs. The team has seven graduating seniors this year from the team. Six of these seven seniors have been playing all five years at BHS. The team is sad to see them go, but is excited to see them pursue future athletics.

**HAVE A SNACK  
DURING THE  
GAME:**

*Caitlyn Marczely*



**MAKE YOU  
LAUGH:**

*Ella Salas*



**SHOW UP LATE  
TO PRACTICE:**

*Estella Wagner*







## VARSITY FIELD HOCKEY TEAM



Some varsity members take a pre-game selfie



The varsity team having a pre-game huddle before their senior night game against Nauset.



Team manager, **Sydney Bright**, celebrates senior night with her family. Sydney Bright played for the field hockey team for four years and this year took on the role as team manager, providing a major contribution to the team.



**Senior Captains:**  
Ella Salas,  
Grace Bunnell,  
Margaret Maki

# ONE TEAM ONE DREAM.





The girls cross country team, coached by Coach Caldwell and Coach Buckman, had a strong season this year. The girls went 5-1 for the regular season and qualified for playoffs. The girls have three seniors graduating this year who made a huge impact to the program.



Girls Cross Country Captains:  
Joslin Cabral,  
Grace Condinho,  
and Chloe Dibb

## GIRLS CROSS COUNTRY

Senior Girls  
celebrating senior night.

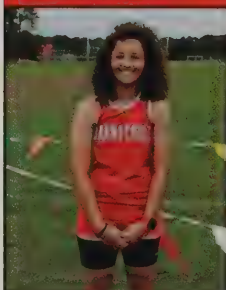


Seniors: Joslin Cabral,  
Grace Condinho, and  
Nieve Fromhein

Seniors: Nathan Stanley,  
Keegan Farrenkopf, Garrett Sheehan, and  
Casey Holland



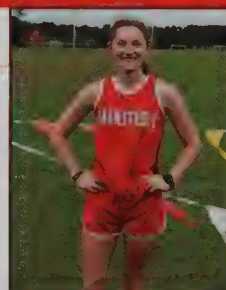
## Q + A WITH THE GIRLS CROSS COUNTRY SENIORS



Joslin Cabral

What is your  
personal  
record?

"My current  
PR is 24:48."



Grace Condinho

What is your  
favorite place  
to run?

"Around the  
bogs in the  
mills"



Nieve Fromhein

What is the  
longest you  
have ever run?

"I once ran 10  
miles at  
10,200 feet  
while it was  
snowing!"





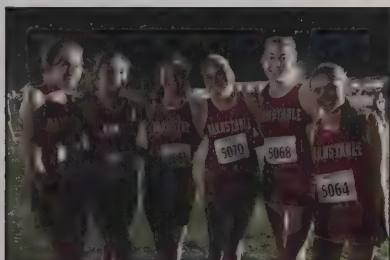
The boys cross country team is coached by Coach Faszewski and Coach Sances. They finished their regular season undefeated and claimed the Cape and Islands Athletic league title! There are four boys graduating from the team this year, but they also have some great young talent.



Boys Cross Country Captains:  
Nathan Stanley and  
Jaxson Merrill

## BOYS CROSS COUNTRY

# READY SET RUN



Team members of the Girls Cross Country team at their twilight meet.



Senior Captain  
Joslin Cabral  
warming up for  
her meet.

### Q+ A WITH THE BOYS CROSS COUNTRY SENIORS



What is your nickname on the team?

*Keegs*

Keegan Farrenkopf



What is your most creative yoga pose?

*Tiger Pistol Shrimp*

Casey Holland



Do you think pineapple belongs on pizza?

*Absolutely*

Garrett Sheehan



When is your favorite time to run?

*Early in the morning or late afternoon*

Nathan Stanley



# TEE TIME

The golf time swings into action

The 2022 Boys Varsity Golf team had many highlights recalled by Coach Titus. One of favorite memories of the season was at Eastward Ho! Golf course in Chatham for a private special tri event where the boys defended Monomoy High for the last match of the year. The boys ended up defeating Monomoy High. Jake Kayajan and Michael Smith led the hardworking team through the season as senior captains. As their last season came to an end, the boys left a last mark on the team through their leadership. They were good role models, always on time, and the way they quartered themselves in practices and in matches was exceptional. Another highlight of the season was when Chad Tordone qualified for the state individual tournament and at that tournament finished tied for 7th place out of 91 players. According to Coach Titus, "He was the most accomplished player of the season".



**Boys Varsity Golf Team**



The boys Varsity Golf team come together before their match against Duxbury High.

## MOVING UP

Junior Chad Tordone was named an all star for the Cape & Islands League Atlantic Division.



## SENIOR CAPTAINS & COACH

**Jake Kayajan**



**Q: If you could meet your favorite golfer, who would it be?**

A: "Rory McIlroy".

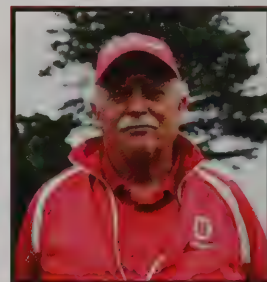
**Michael Smith**



**Q: What's your favorite golf course to play at?**

A: "Personally, I love playing Farm Neck Golf Course on Martha's Vineyard. It is always nice to take a ride over on the boat and especially to play golf at such a well maintained course", which happens to be right on the water.

**Coach Titus**



**Q: What does being a coach mean to you?**

A: "Means you take a group of kids and attempt to get them into the direction to accomplish something they wouldn't be able to accomplish otherwise."



# RED HAWKS, IT'S TIME

## SENIOR Q & A

### Haley Demanche



**Q: What's your favorite cheer?**  
A: "RedHawks, it's time."

### Leila-Marie Pereira



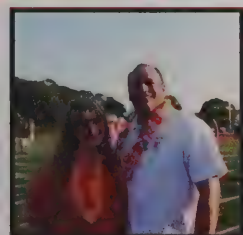
**Q: What's your favorite pre-game song?**  
A: "Promiscuous Girl" by Nelly Furtado.



### Varsity Cheer Team

As the 2023 Girls Varsity Cheer season comes to an end, the girls prepare for one of their last competitions, the Panthers Invitational at Whitman Hanson High school. This year will be Coach Fernando and Coach Faricy's final year coaching Varsity cheer, and they will be missed. During the football games, the girls have been dedicated to encouraging the boys and hyping up the student section to boost school spirit. This year's cheer team has had many younger talents recently emerge as well which has really helped the team this year and helped develop the team for the future. The Cheer showcase hosted by Barnstable included Barnstable High School, Plymouth North High School, and Mashpee High School. The girls gave it their all and put on a show for the books, and in support the whole varsity football team came out to cheer them on. As the season wraps up, we are now saying goodbye to our two seniors: Leila-Marie Pereira and Haley Demanche. Senior captain Haley Demanche said, "It was an overall great season"!

## FRIDAY NIGHT LIGHTS



Coaches Fernando and Faricy smile for their first last game as BHS cheer coaches.



The girls take center stage for the first half time show of the season.



The team smiles for a picture in their Hawaiian game day outfit in honor of Sam Needham.

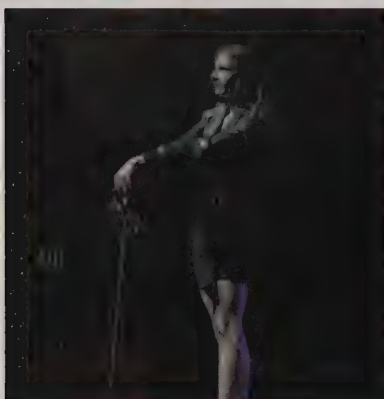
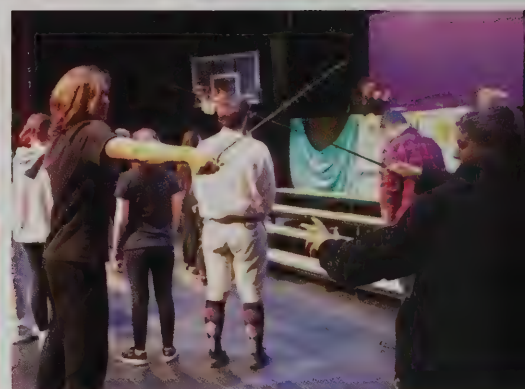
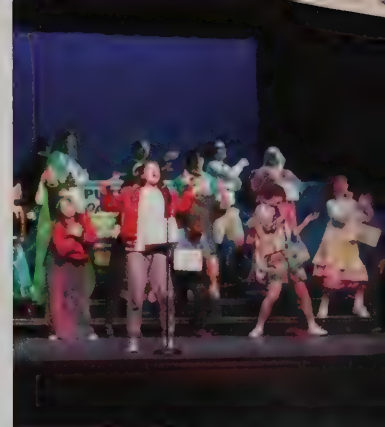
## OFF THE FIELD

The girls smile for a picture as they celebrate Madyn's 16th birthday.



The team getting ready to start their routine at their first competition of the season.



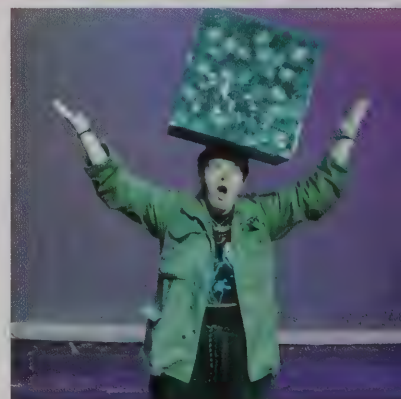


## Eamon Welch-Viens

*Eamon is the BHSDC Prop Master. They worked on the BHSDC production of "A Midsummer Night's Dream" in 2015. After graduation Eamon dreams of going to the University of New England.*

## Sage Touhey

*Sage is the BHSDC vice president. They worked on the BHSDC production of "Pippin" in 2019. After graduation they dream of going to SUNY Purchase, and maybe even some day playing their dream role of Tree #3.*

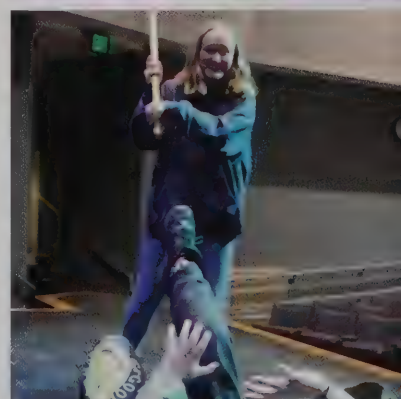


## Sophie Mendoza

*Sophie is a BHSDC Stage Manager. She was part of the BHSDC production of "Dracula" in 2018. After graduation he dreams of going to the University of Tampa, and maybe even some day playing her dream role of Trina from "Fallsettos"*

## Amber Fena

*Amber is a BHSDC crew member. She worked on the BHSDC production of "Shrek" in 2022. After graduation she dreams of going to the University of Hartford.*





# More Than Just a Knight

The second performance in the drama club's resurgence.

## Ellie O'Toole

Ellie is the President of the Drama Club. She acted in the BHSDC production of "Shrek" in 2022 as Fiona. After graduation she dreams of going to Pace University, and maybe even some day playing her dream role of Glinda in "Wicked".



## Aidan McDowell

Aidan is a BHSDC actor. He performed in the BHSDC production of Shrek in 2022. After graduation he dreams of going to Pace, and maybe even some day playing his dream role of Chip Tolentino in Putnam on Broadway.



## Remy Borden

Remy is the secretary of the Drama Club. They worked on the BHSDC production of "Silent Sky" in 2019. After graduation they dream of going to SUNY Purchase, and some day fulfilling their dream of stage managing professionally.



## Caralena Lindberg

Caralena is a BHSDC actor. She performed in the BHSDC production of Shrek in 2022 as Pinocchio. After graduation she dreams of going to Ithaca College, and maybe even some day playing her dream role of Cinderella in "Cinderella".



## Sam Marotto

Sam is a BHSDC actor. She was in the BHSDC production of "Once Upon A Mattress" in 2020 before it was canceled. After graduation she dreams of going to the University of Vermont, and maybe even some day playing her dream role of Velma Kelly in "Chicago".



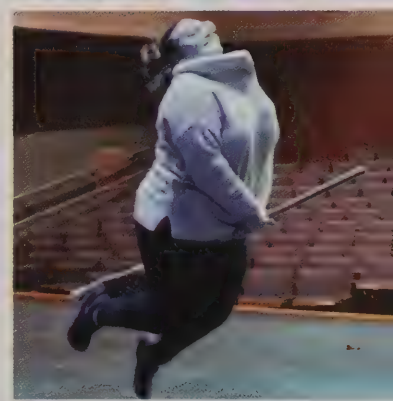
## Maryana Crawley

Maryana is the BHSDC treasurer. She performed in the BHSDC production of "Shrek" in 2022 as Fiona. After graduation she dreams of going to New York University, and maybe even some day playing her dream role of Heather Chandler in "Heathers".



## Abbegayle Talbot

Abbie is a BHSDC actor. She performed in the BHSDC production of "Shrek" in 2022 as the dragon. After graduation she dreams of going to John Jay College of Criminal Justice, and maybe some day playing her dream role of Morticia Addams in "The Addams Family".





# dancing the night away



*Students kick their heels off and put their phones away to enjoy a night together filled with singing and dancing.*

Isabella De Oliveira,  
Anna Julia Coelho,  
and friend Isadora Adao



David Sherburne  
& Emily Turner



Ellie O'Toole  
& Sophie Mendoza



Our last homecoming dance was proven one to remember with lots of festive lights, decorations, and loud music.



Ella Salas, Estella Wagner, and Margaret Maki



Takyla Johnson, Alexcia Wright, Kyra McInnis, and friends Melannie Bennett, and Omeika McNeil



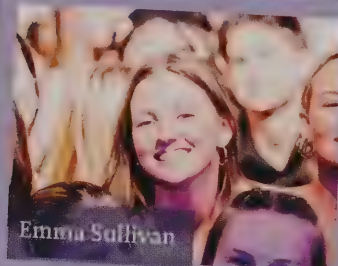
Annabelle Kane & Annie Kennedy



Destiner Powell



Emma Sullivan



Liliana Hegarty



Danica Vernet



Rose Bancroft



Gia Johnson



Daniel Botolino, Keegan Farrenkopf, Garrett Sheehan, Jake Kayajan, Evan Fishback, and friend Drew Smith



Jordynn Johnson, Elisabeth Baird, and Lucy Richard



Lilly Pawsey & Lucie Fitz






# points in time with *people*

Over the past four years, we have spent hours on end getting to know each other. Together, we grew from nervous freshmen to confident seniors — making a countless amount of memories along the way. Even though our freshmen year was cut short in March of 2020 due to COVID-19, we continued to stay connected to each other any way possible.

Whether it was watching movies together through Zoom calls, or celebrating birthdays on FaceTime, we were still able to spend our moments together. Coming back to school after months of being bored in quarantine, we were able to share the rest of our time together in person. Whether we were doing fun things like attending football games, going to homecoming, painting our parking spots, or just sitting in class and walking the halls together, we were able to enjoy our moments in time doing these things together.



A high-angle, over-the-shoulder photograph of a person with long brown hair, wearing a light blue long-sleeved shirt, painting a parking spot on asphalt. The person is using a brush to apply paint. The parking spot is being decorated with large, colorful, hand-painted flowers in shades of pink, orange, and yellow. The background shows more of the asphalt and the painted flowers.

Jordynn Johnson paints her parking spot with a colorful display of flowers as she participates in the Paint the Parking Lot fundraiser. This fundraiser was organized by class officers: Lucy Komar, Ryan Christensen, Cece Brisbois, and Alex Arabadzhiev to help raise money for the class of 2023.



# Hubs & Faculty

*Hubs and Faculty smile as yearbook staff take their photos.*



*Brian Wanat, Pam Reagan,  
Maryellen Yalmokas,  
Andrew French*



*Lee Docherty, Meridith Wirtz,  
Kathryn Egan, Erin Eastman,  
Samantha Cunningham, Steven Sentes*



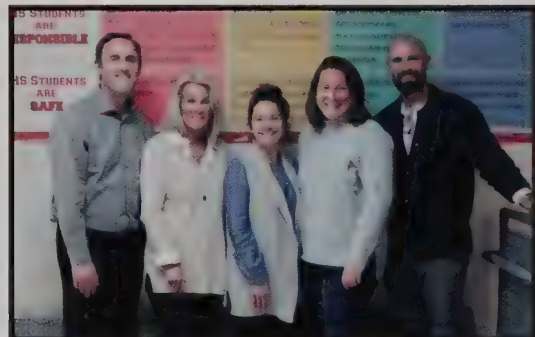
*James Buckman,  
Meghan Cordeira,  
Melisa Peters, Shawn Kingman*



*Rachel Wiseman,  
Steve Kaser,  
Kaleigh Szymanowski*



*Limara De Souza, Raffaella Almeida,  
Karen MacFarlane, Hope Taylor,  
Laura Almas, Marcia Lewis*



*Brendan Case, Kathleen Johnson,  
Laura Almas, Alexia Meagher,  
Tim Heneberry*



## *Custodial Staff*



Steve Kolvenbach and Billy Jordan

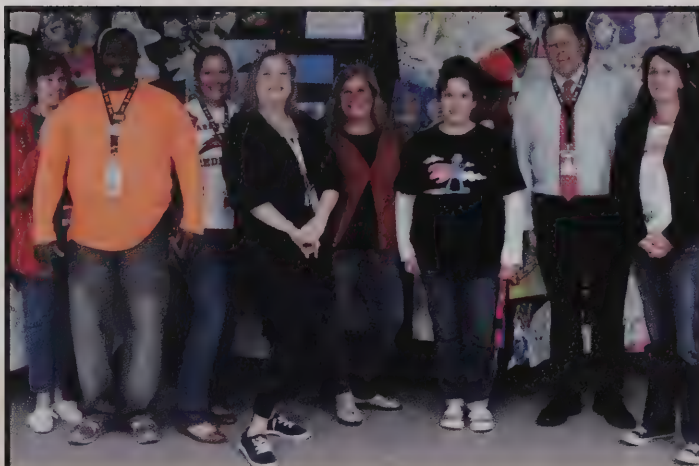
**Not Pictured:** Tim Pillsbury,  
Ashley Dennis, Chris Rosado,  
Francis Bagarella, Gregory Mello,  
Jeffrey Gavin, Jerry Lopes, Joe Babcock, John  
Walsh, Kevin Hughes, Steve Ladd, Dave Rodrigues

## *Librarians*



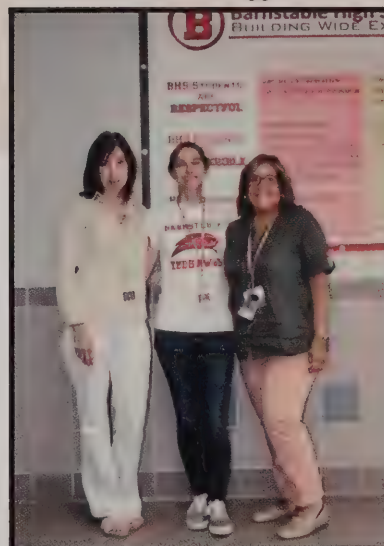
Sharon Morgan,  
Maura Bussiere

## *Main Office*



Robin Connors, Alik Taylor, Kara Koslowsky, Nicola Stacy,  
Angie Grabiec, Stacy Camposano, Scott Pyy,  
Elizabeth Freedman

## *Health Office*



Trish Tucker, Caitlin Dumas,  
Kathy Vendola



# Faculty

Let's take a look at the teachers that taught us lessons in and outside of the classroom.

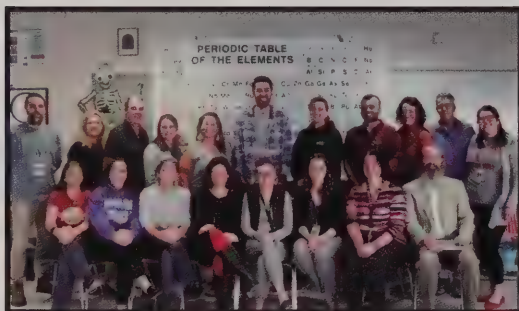
## English



Jen Brown, Madeline Fowler, Shauna Briggs,  
Mary Gagnon, Randi Gallerani, Maureen Leveroni,  
Julia Markoff, Michael Mulgrew,  
Mandy Morell, Michele Netto, Denise Pita,  
Catherine Richards, Brooke Styche, Caitlyn Sweeney,  
Martha Swindler, Laura Welch, Kaitlyn Whidden,  
Keryn Wojciechowski

**Not Pictured:** Keith Caldwell, Lisa Seers

## Science



Jennifer Caron, Patricia Gardiner, Elizabeth Ganesin,  
Elizabeth Hanchuruck, Erin Hayes-Pontius, Ken Holland,  
Joanne Jarzowski, Megan Ketch, Bill Knittle, Tia Konyon, Valerie  
Lahteine, Brian Lenda, Jacqueline McCarthy,  
Lily Munsill, Diane Russell, Kirby Smith, Mike Smith,  
Robert Toffolon, Susan West

**Not Pictured:** Beth Anderson, Kristen Eaton, Greg Hill

## Music



Elijah Langille, Ian Maguire,  
Meaghan O'Connor-Vince, Marcia Wyrwal

## Math



Tina Crook, C.J. Beer, David Brown, Brian Cattabriga,  
Carol Chamberlain-Hebert, Brigid Coleman, Deborah Gannett,  
Marlo George, Lynne Hutchinson, Wendy Johnson, Amy Kennard,  
Kim Kolaczyk, Julia Lariviere, Sonya Lomax, Anthony Marble,  
Jen Morassi, Sharon Nelson, Sarah Nystrom, Tina O'Brien,  
Pam Peek, Jessica Roundtree, Jim Taylor

**Not Pictured:** Sheila Mullen, Laura Shea-Holland

## History + Social Science



Andrew Vince, Brielle Berical, Heather Cattabriga,  
Bruce Colwell, Tim Daley, Dave Koehler, Lance Kuntzman,  
Nina Maloney, Monice Maurice, Amy McIsaac,  
Mark McLaughlin, Hilary Mueller, Justin Ogilvie, Mike Petze,  
Kate Scholes, Jeremy Shea, Becky St. Onge, Michaela White,  
Krissie Williams

**Not Pictured:** Kris Dumas, Kevin Hill, Brent Jansen,  
Steve Moynihan

## Art and Applied Science



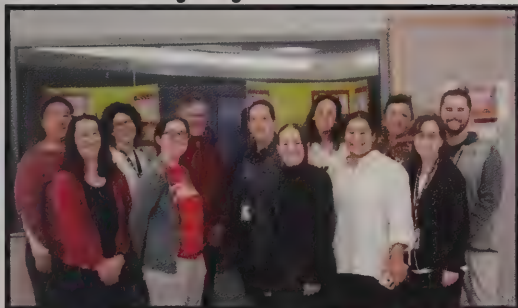
Filipe Miguel, Blaine Bacchiocchi, Blair Amara,  
Abby Fay Smith, Bunky Hurter, Ted Skirvan,  
John Blackington, Aimee Butterfield, Brian Taylor,  
Matt Kemp

**Not Pictured:** Micaela Champagne



# Fabulous Fans:

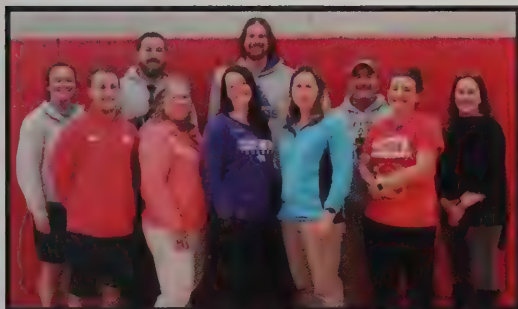
## World Language



Grace Lytle, Ashling Burke, Tatiana Correa,  
Morgan Grey, Jeffrey Hanson, Victoria Miklosky,  
Mimi Poupart, Amy Semanscin, Cody Small,  
Eva Suriol Acedo, Bo Wu

**Not Pictured:** Alison Nelson, Fadner Pierre

## Wellness



Vanessa Pyy, Courtney Briggs, Robin Dawe, Andrew  
Deane, Scott DuPoint, Barbara Gleason,  
Gibson Guimond,  
Ross Jatkola, Meghan Fligg, Julia Ryan

## Hannah Alice Dutra



**Favorite Teacher-** Mr. Maguire

**Favorite thing about them?**

"He is always there for us."

**Best Memory?**

"When I got the whole orchestra to play a different piece and he got confused."

## Rayssa Lima



**Favorite Teacher-** Mrs. Peek

**Favorite thing about them?**

"Every time I talk to her it feels as though she is holding the holy spirit's hand and he is talking to me through her."

**Best Memory?**

"I was in her class during lunch and she put on worship music"

## Jack Warren



**Favorite Teacher-** Ms. George

**Favorite thing about them?**

"The way she teaches and how she cared about us. She taught us life lessons and skills"

**Best Memory?**

"Going to her class in person after being online for months."

## Lindsay Jones



**Favorite Teacher-** Mr. Shea

**Favorite thing about them?**

"He is always in a great mood."

**Best Memory?**

"When we played basketball and the game Horse"

## Samuel Silva



**Favorite Teacher-** Mr. Jatkola

**Favorite thing about them?**

"He is really funny and understands a lot about the gym which is one of my passions."

**Best Memory?**

"When he told my friends and I to do the griddy in the middle of class"



## Welch-Viens Family



**Senior Eamon Welch-Viens with his parents, English teacher Laura Welch and Special Ed teacher, Christopher Viens.**

*"Eamon started coming to school with me when he was 6 months old. I will miss him stopping by my room when he needs me to sign something, and just seeing him in the hall and having him say, 'Hello'." - Ms. Welch*

*"I will miss Eamon dropping by my room between classes just to say hi!" - Mr. Viens*

# Twins & Families

Continuing the tradition of celebrating BHS's twins and families for the seniors in the class of 2023.

## Wagner Twins



**Seniors Isabelle and Estella Wagner**

*Izzy and Estella agree that the best part about having a sibling in the same grade is being able to do work together and share homework. They also enjoy driving to school together.*

## Johnson Family



**Senior Jordynn Johnson and mother, Ms. Wendy Johnson, who teaches math at BHS.**

*"I love being able to see Jordynn throughout the day. Not many parents have this great opportunity to spend so much time with their daughter and watching her grow up to be an awesome young lady!"*

*- Ms. Johnson*

*"The best part about having my mom in the same school is having had her as my teacher for two years" - Jordynn*

## Ells Twins



**Seniors Lucie and Lillie Ells**

*The best part about having a sibling in the same grade is having a built in best friend who is with you every step of the way! "I wouldn't say that there's a downside at all, we're just really good friends." -Lucie*



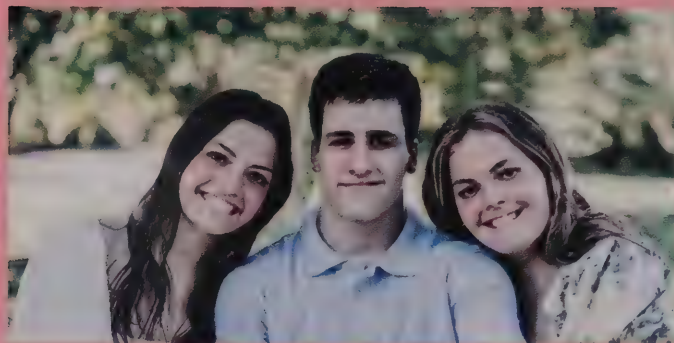
## Fena Twins



Seniors Amber and Holly Fena

"The best part is that we can graduate together, but the worst part is that we generally don't get put in the same classes." - **Amber**

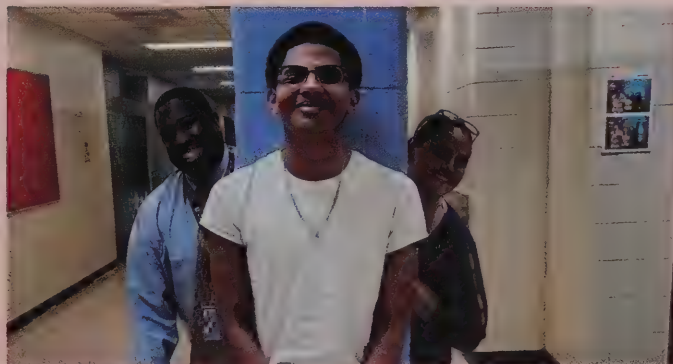
## Bright Triplets



Seniors Sydney, Reece, and Faith Bright

"The best part about having a sibling in the same grade is that you get to experience everything together like homecoming, sporting events and in the future prom and graduation! - **Sydney**

## Mitchell/Taylor Family



Senior Isaia Mitchell, Administrator Alik Taylor, and Associate Principal Hope Taylor

"I am going to miss him teasing me about the gray hairs I'm starting to get. Saying "Hey old man!" But I am also going to miss seeing his smile. -**Mr. Taylor**  
"I will miss seeing his face and talking to him about his life. I will miss having my twin here." - **Mrs. Taylor**

## Lennon Twins



Seniors Haley and Hannah Lennon

Haley and Hannah agree that the best part of having a sibling in the same grade is being able to relate to things in school.





## Leticia Abrantes

*People make mistakes.  
That's why they put rubbers  
at the end of pencils.  
- Fleabag*



## Damon Alty

*It is nice to be important,  
but it's more important to be nice.  
- John Templeton*



## Sarah Alves

*We're all adults. When did that  
happen? And how do we  
make it stop?  
- Grey's Anatomy*



## Alex Arabadzhiev

*A man who wants to lead the  
orchestra must turn his back  
to the crowd.*

**040** - Max Lucardo



## Heloisa Araujo

*We make our own fairy tale.*



## Tayhzion Armstrong

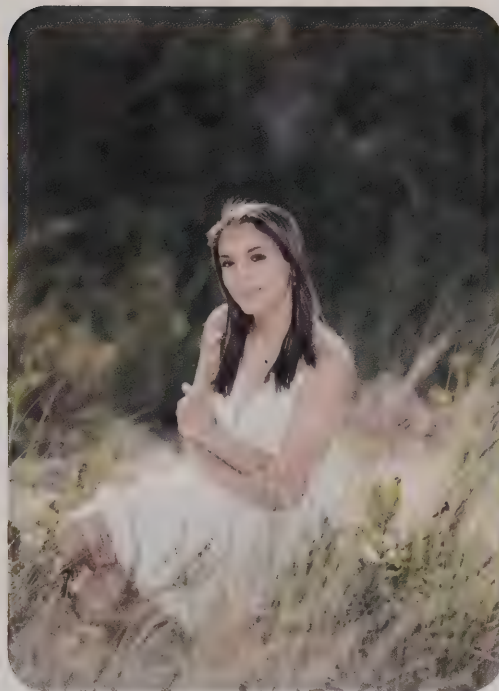
*All is fair in love and war... unless  
mom sees you with a D average.*





**Leticia Amorim**

*No.*



**Miranda Anacki**

*You, yourself, as much as anybody in the entire universe, deserves your love and affection.*



**Nelson Andrews**

*My tribal ancestors had to watch me put in over 12 years of effort for a slip of paper.*



**Nimra Asim**

*It's not always what you say that matters, sometimes it's what you don't say.  
- Mr. Krabs*



**Isaiah Bading**



**Elisabeth Baird**

*A sweet end to a new beginning.*





**Rose Bancroft**

*The only rule is don't be boring and  
dress cute wherever you go.  
Life is too short to blend in.  
- Paris Hilton*



**Delanie Barselow**



**Joseph Biase**

*Wendy's 4 for 4. Best deal ever.*



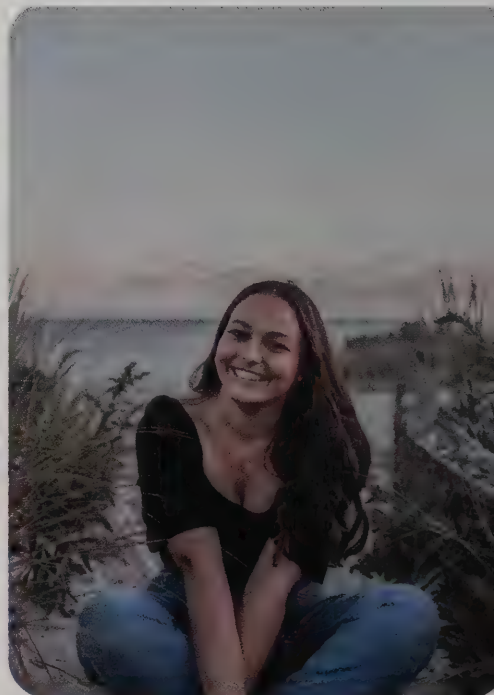
**Remy Borden**

*If I don't die on stage,  
none of this was worth it.*



**Daniel Botolino**

*All my life I've had one dream,  
to achieve my many goals.  
- Homer Simpson*



**Sara Boumghait**

*I am ready to face any challenge  
that might be foolish enough  
to face me.  
- Dwight Schrute*





**Aakriti Bindukar**

*You know it's not the same as it was.*



**Nicholas Boden**

*It's your reflection looking back to  
pull you down.*



**Lotus Bonfiglio**

*Whoever said orange is the new pink  
was seriously disturbed.*

*- Elle Woods*



**Angelina Brahms**



**Colin Brewer**

*We've got a life to live.*

*- Bob Marley*



**CeCelia Brisbois**

*Peace out.*





## Faith Bright

*Sometimes you gotta close a door  
to open a window.*  
- Tyler the Creator



## Reece Bright

*It's only after we've lost everything  
we're free to do anything.*  
- Tyler Durden



## Sydney Bright

*You don't know the value of a  
moment until it becomes a memory.*  
- Dr. Seuss



## Joslin Cabral

*Other people's perception of you,  
ain't none of your business.*  
- Lisa Nichol



## Shobal Cadet

*If you don't take risks,  
you can't create a future!*  
- Monkey D. Luffy (One Piece)



## Molly Cahill

*Yesterday is what brought  
you to today.*





## Alexis Brown

*Don't change who you are to  
appease the world, change the world  
to appease you.  
- My Mom*



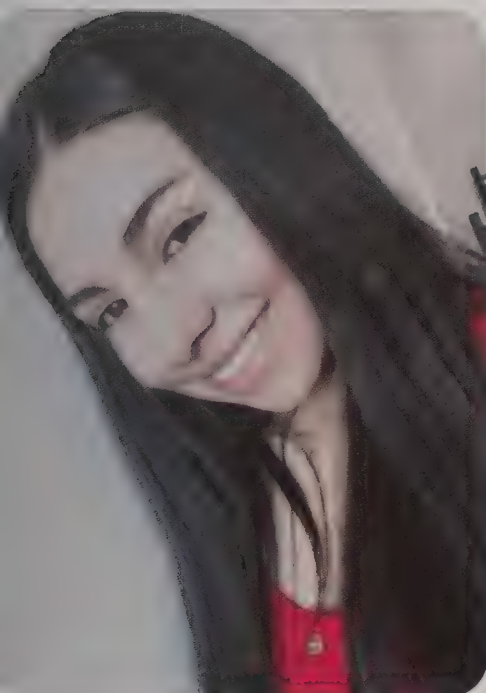
## Coley Buckler

*Anybody who tells you money can't  
buy happiness never had any.  
- Samuel L. Jackson*



## Grace Bunnell

*What is meant to be will be.*



## Karol Calle Narvaez

*Don't give up even if the cold burns  
your dream's shine :)*



## Ryker Campbell

*Go check out 8:11 on itch.io :-)*



## Anthony Capelle

*Real Gs move in silence  
like lasagna.  
- Lil wayne*





Emma Carey



Madison Carney

*When you create your own lane  
there's no traffic.  
- Pitbull*



Amelia Cassidy

*We mature with the damage,  
not with the years.  
- Mateus Williams*



Vivienne Clark



Penelope Clifford

*Not my monkeys,  
not my circus.*



Anna Julia Coelho

*Live your moments to the fullest  
because those will soon  
turn into memories.*





## Lucas Catozzi

*Why is it whenever I'm having  
fun, it's wrong?  
- Squidward*



## Amanda Coutinho

*Everything always happens  
for a reason.*



## Ryan Christensen

*As you live today, what I wanna  
say, is be ever wonderful in  
your own sweet way.  
- EWF*



## Lauren Colarusso



## Sam Colesano

*I believe.  
- The Polar Express*



## Grace Condinho

*Cry when it hurts, laugh when it's  
funny. Chase after the dream, don't  
chase after the money.  
- Old Dominion*



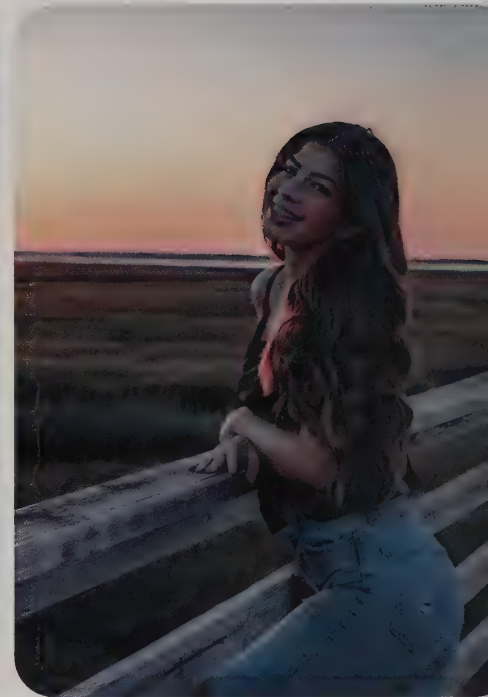


**Hogan Corona**

*Hey guys, you ready to let  
the dogs out?  
- Alan, The Hangover*



**Cassie Rayane Costa**



**Nicole Costa**

*Glad it's finally over.*



**Abby Creedon**

*When the power of love overcomes  
the love of power, the world  
will know peace.*

**048** - Jimi Hendrix



**Jean Criollo**

*Blue skies, 52 weeks high.*



**Jimmy Crowley**

*Well, I am not usually one for  
speeches. So, goodbye.  
- Ron Swanson*





**Thainara Costa**

*Fiz o que eu pude e  
pude bem pouco.*

- Pututu



**Jacob Coyne**

*I don't know what to write, what do I  
write, 'insert senior quote' is this a  
good senior quote?*



**Maryana Crawley**

*Oh my god,  
I'm totally buggin'!*



**Maria Eduarda Cruz**

*So many things I'd rather say but for  
now it's goodbye.*

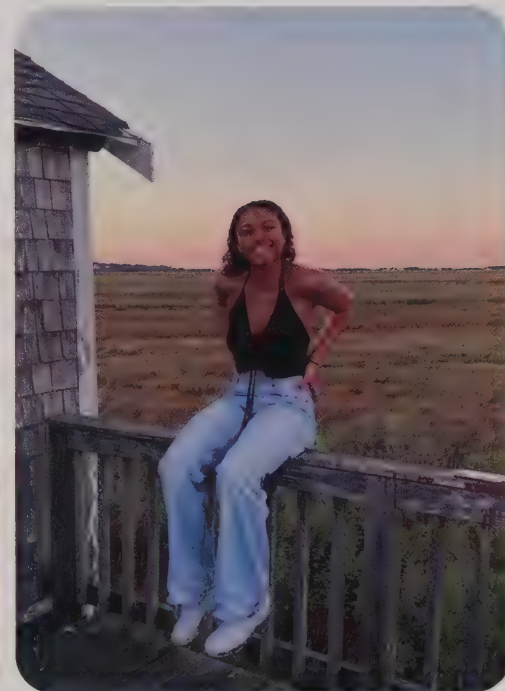
- James Arthur



**Catherine Curley**

*All limitations are self imposed.*

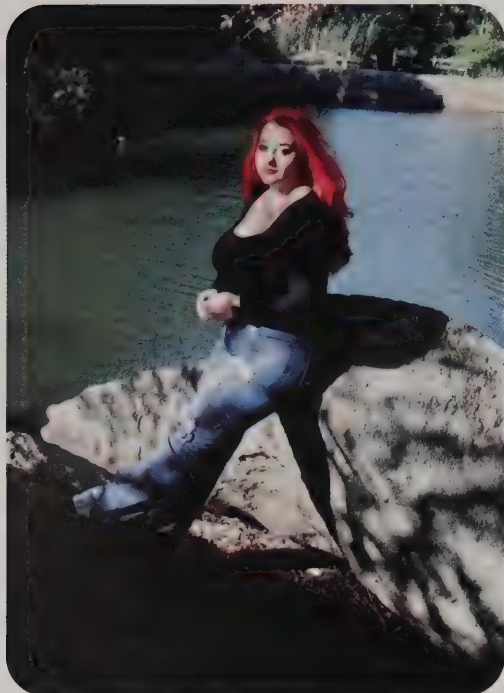
- Oliver Wendell Holmes



**Sherri Danforth**

*It's never too late.*





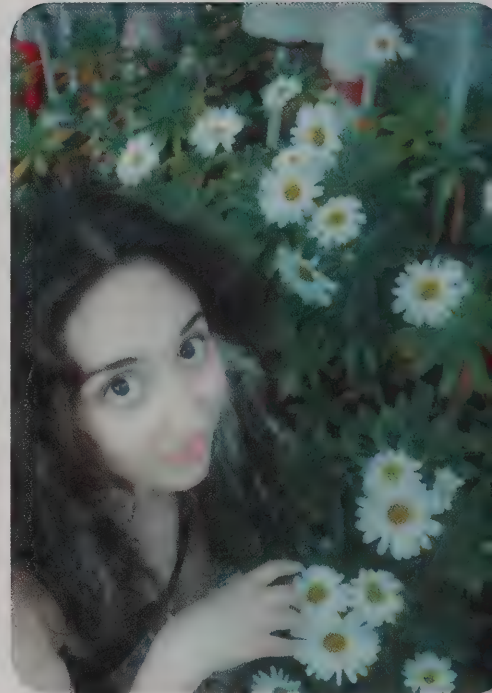
**Isabella Da Rosa**

*I'll see y'all in therapy if my insurance can afford it.*



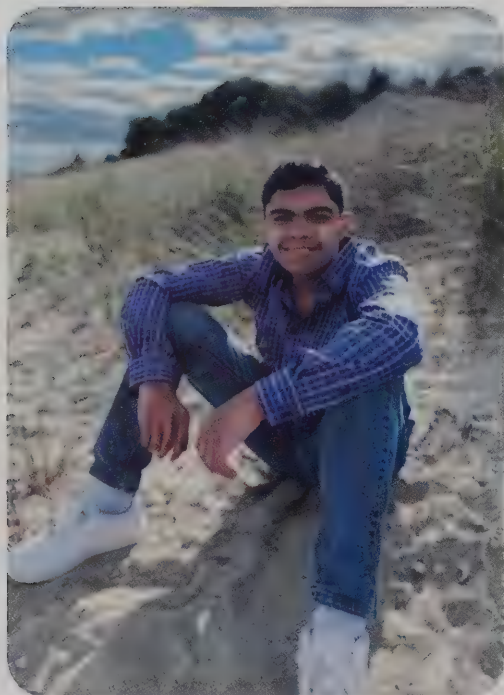
**Ana Brenda Da Silva**

*I finally learned how to right good.*



**Anna Victoria Da Silva**

*JoJo's Bizarre Adventure, Part 3, Book 10, Page 186.*



**Aundrez Davignon**

*Goodbye everyone, I'll remember you all in therapy.*

- Plankton



**Benjamin Davis**

*Skills can be taught. Character you either have or you don't have.*

- Anthony Bourdain



**Alyssa De Moraes**

*They say good things take time, that's why I'm always late.*





**Brendon DaSilva**

*I find your lack of faith disturbing.  
- Darth Vader*



**Rebeca Da Silva**

*Diretamente from Extremo Leste de  
São Paulo, Kemet City.*



**Yasmin Dasilva**

*Sunsets are proof that endings can  
be beautiful too.*



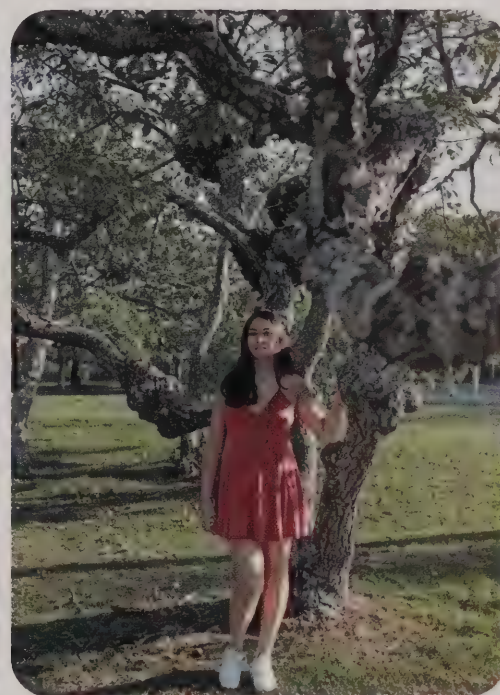
**Gustavo De Oliveira**

*Minha maior meta é deixar minha  
família bem.*



**Isabella De Oliveira**

*Find peace in knowing that God will  
lead you where you  
need to be.*



**Isabella De Paula**

*Your time is limited, so don't waste it  
living someone else's life.*





**Ramom De Sousa**



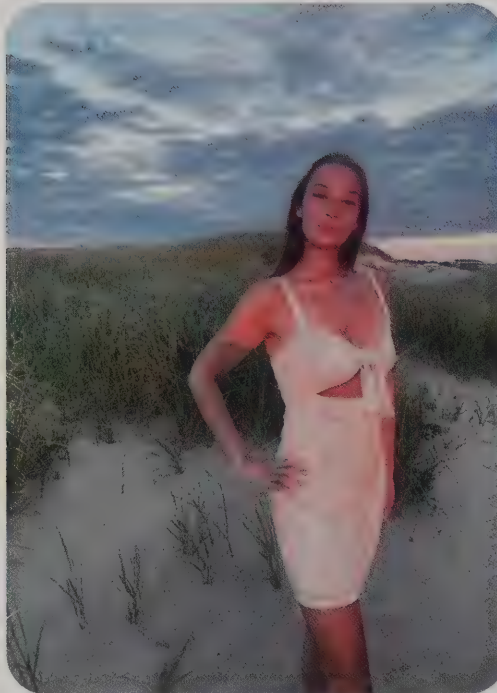
**Caroline DeFeudis**  
*And dance like nobody's watching.*  
 - Bob Fosse



**Cole DeFrancisci**  
*Every man dies,  
 not every man truly lives.*  
 - William Wallace



**Samantha Desrocher**  
*Another year of acting like I know  
 what I'm doing.*



**Bryanna DeVincent**  
*Your time is limited, so don't waste it  
 living someone else's life.*



**Natalia DeVincent**  
*May the rest of our lives  
 be the best of our lives.*  
 - Mamma Mia 2





## Haley Demanche

*I've always got the memories while  
I'm finding out who I'm gonna be.*

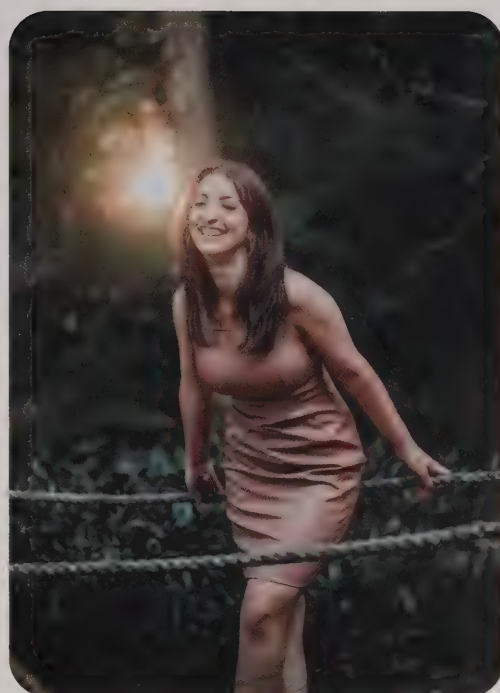
*- Hannah Montana*



## Morgan Dennison

*How lucky I am to have something  
that makes saying goodbye so hard.*

*- Winnie the Pooh*



## Ana Derquin

*Thy word is a lamp unto my feet,  
and a light unto my path.*

*- Psalms 119:105*



## Rose Dibb

*Talk to me Goose.*



## Vincent DiGiacomo

*All we have to decide is what to do  
with the time that is given to us.*

*- Gandalf The Grey*



## Carolina Peixoto

*To the stars that listen  
and the dreams that answer.*

*- Sarah J. Maas (ACOTAR)*





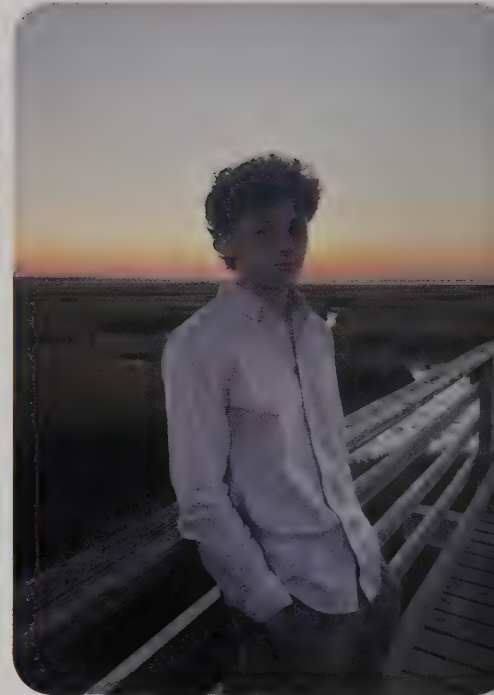
**Jett Doherty**

*These are the nights that never die.*  
- Avicii



**Lorena Dos Santos**

*This wasn't "High School Musical" at all.*



**Liam Doyle**

*To protect the sheep you gotta catch the wolf, and it takes a wolf to catch a wolf.*  
- Alonzo



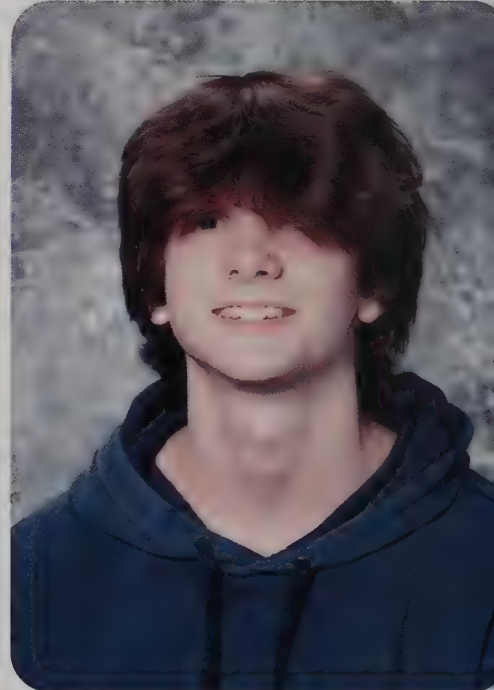
**Sigourney Ebanks**

*The best feeling in the world is seeing the benefits and rewards of hard work.*



**Olivia Edmonson**

*I am the blueprint.*



**Patrick Egan**





**J'Lyssa Dumas**

*I was absent more than my dad was  
in my life...*



**Abby Dunphy**

*There's a reason so many people are  
graduating early...*



**Hannah Dutra**

*If you can play it slowly, you can  
play it quickly.  
- TwoSet Violin*



**Abby Eldridge**

*Stan Loona.*



**Lillie Ells**

*To be fond of dancing was a certain  
step towards falling in love.  
- Jane Austen*



**Lucie Ells**

*Life is weird just remember that.*





Luis Esquivel Garcia



Carol Esser

*When life gives you lemonade, make lemons. Life will be all like, What?!  
- Phil Dunphy, Modern Family*



Destiny Fagone



Jaye Fedele

*Chase your dreams but always know the road that'll lead you home again.  
- Tim McGraw*



Amber Fena

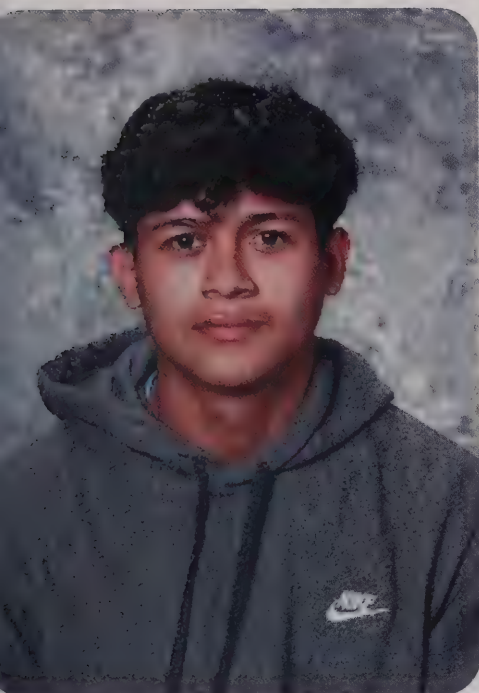
*Have fun stormin' the castle!  
- The Princess Bride*



Holly Fena

*And none of you ever found out about my secret.*





Rafael Fajardo



Maria Faria-Toledo



Keegan Farrenkopf

*If size mattered, the elephant would be king of the jungle.*



Yeshua Figueroa Perlera



Evan Fishback

*Day by day.  
- Bill Belichick*



Domanic Ford

*A chain is as strong as its weakest link.*





## Hannah Framson

*Today is where your book begins,  
the rest is still unwritten.*

*- Natasha Bedingfield*



## Denrick Francis

*We only see two things in people:  
what we want to see, and what they  
want to show us.*



## Nieve Fromhein

*The only thing I am not good at is  
modesty, because I am great at it.*

*- Gina Linetti*



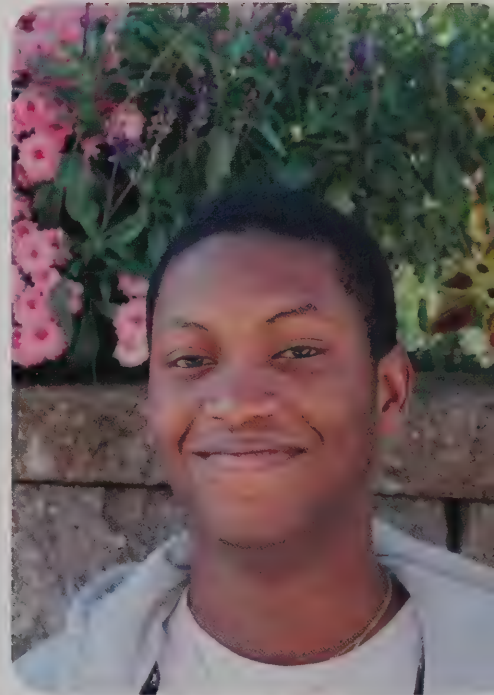
## Adrianna Giannelli

*Sometimes you gotta close a door  
to open a window.*

*- Tyler the Creator*



## Rosemary Gonzalez



## Andrew Gordon

*You shouldn't have to dim your light  
to let another person shine and  
in a school full of Remy and Cardis,  
I was Nicki.*





**Ian Galvin**

*These are the nights that never die.*



**Angelique Gardner**



**Rylie Garlington**

*I've always heard every ending is also a beginning, we just don't know it at the time. I'd like to believe that's true.*

*- Criminal Minds*



**Oona Grace**

*Sometimes it's hard to pick right from wrong. The best thing we can do is go with our heart and hope it all goes well.*

*- Mac Miller*



**K'Von Grant**



**Kayla Hanson**

*You shouldn't have to dim your light to let another person shine.*





**Juliana Hamelburg**

*Just say words juju.*

- Ayden



**Sarah Harper**

*AAAAAH HELP!!! I'm trapped in this piece of paper!!*



**Liliana Hegarty**

*I'm fine. I'm just being dramatic.  
It's what I do.*

- Lorelai Gilmore



**Casey Holland**

*Math isn't hard until the equation is mostly letters and half the work is done on the side.*

060



**Julia Homem**

*What fun is there in making sense?  
- Discord*



**Yunna Hu**

*我赌你刚翻译完这句话*





Kat Hempel



Jessica Hernandez

*An elephant never forgets  
but I forgot what the  
elephant remembered.*

*- Youtooz*



Julian Hogan



Molly Hudson

*You can never be overdressed  
or overeducated.*



Brian Huerta-Tenezaca

*When is this due?*

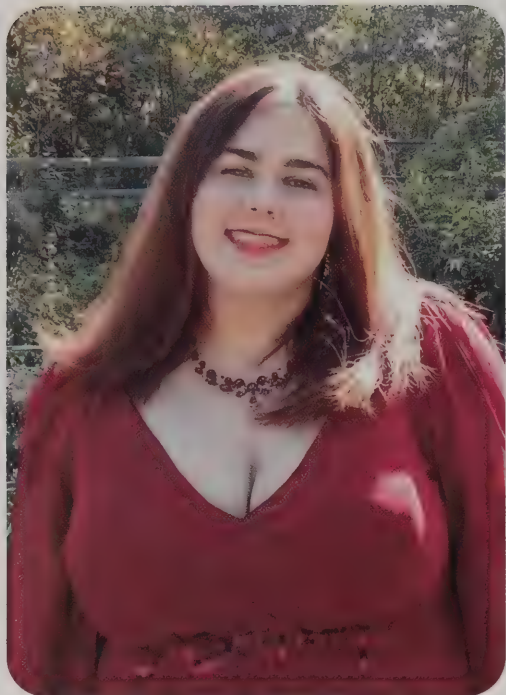


Zoe Hughes

*I'm so glad I live in a world where  
there are octobers.*

*- L.M Montgomery*





**Ciarra Hupp**

*Steady sailing.*



**Lilia Hyatt**

*People change and things go wrong,  
but just remember, life goes on.*

*- Mac Miller*



**Nancy Jackson**

*BOO GAH BOO GAH! (so real)*



**Gia Johnson**

*Bought another pair of white  
vans for this.*



**Jordynn Johnson**

*Enjoy the space between where you  
are and where you are going.*



**Takyla Johnson**

*If your opportunity doesn't knock,  
build a door.*





## Hannah Jensen

*It never hurts to keep  
looking for sunshine.*

*- Eeyore*



## Azjhere Johnson

*I am > I was.*



## Elijah Johnson

*You miss 100% of the shots  
you don't take.*

*- Michael Jordan*



## Jordyn Johnston

*Be who you are and let everyone  
love that person.*



## Peter Johnston

*You learn more in failure than you  
ever do in success.*



## Lindsay Jones

*The future belongs to those who  
believe in the beauty of their dreams.*

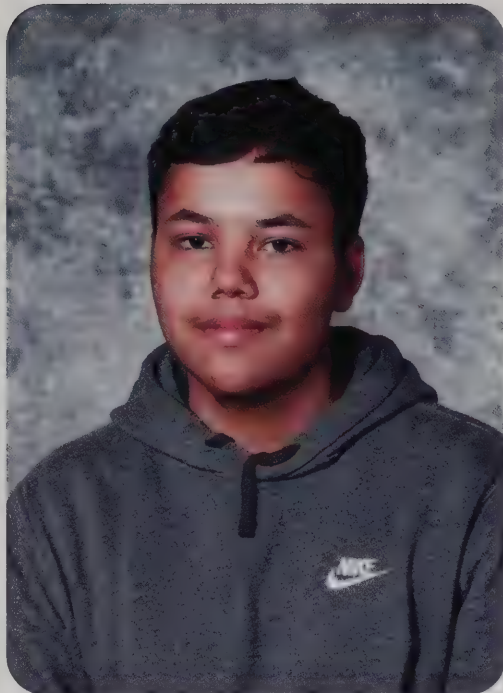
*- Eleanor Roosevelt*





**Samantha Judge**

*High School Musical told me we're all  
in this together, but you guys  
were not helpful.*



**Breno Justo da Silva**



**Annabelle Kane**

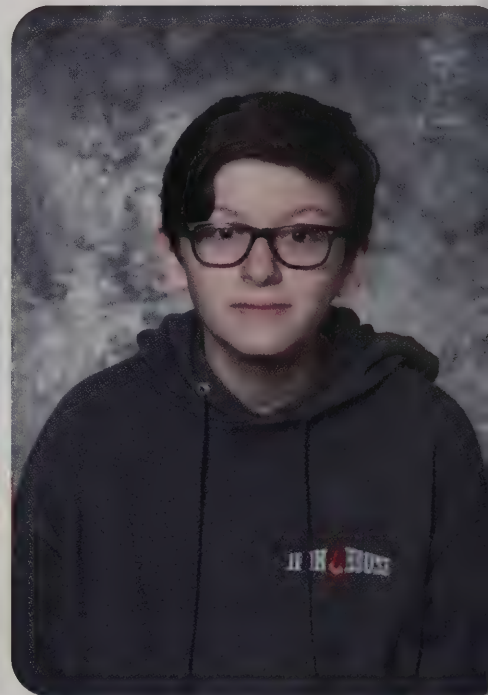
*Well that wasn't like High School  
Musical...at all.*



**Rita Kew**



**Brooke King**



**Kellin Kingsbury**





**John Kayajan**

*Don't let the sound of your own  
wheels drive you crazy.  
- The Eagles*



**Anne Kennedy**

*Live a little, love a lot.  
- Kenny Chesney*



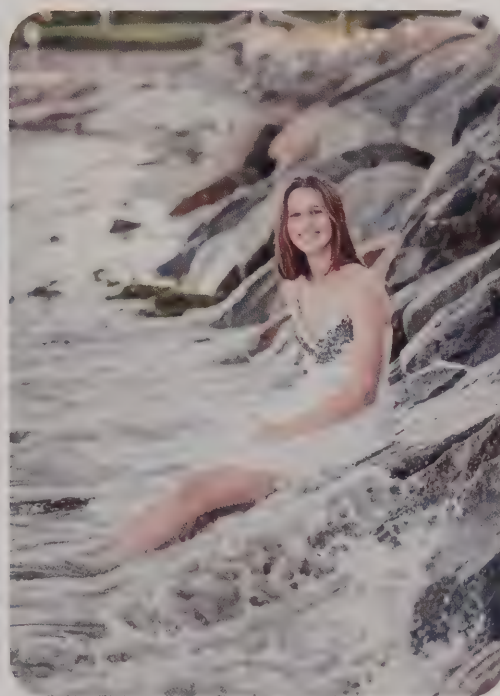
**Molly Kenney**

*Better late than ugly.*



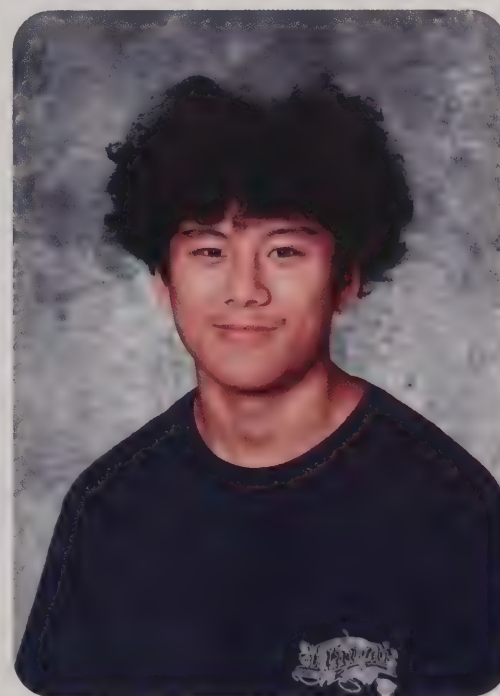
**Renna Kingsbury**

*Sometimes, the world from above  
seems too beautiful... for  
human eyes to see.  
- Lindbergh*



**Lucille Komar**

*The Earth is spinning. We can't just  
stand on it.*



**Tinjing Lama**





**Barbara Lavechia**

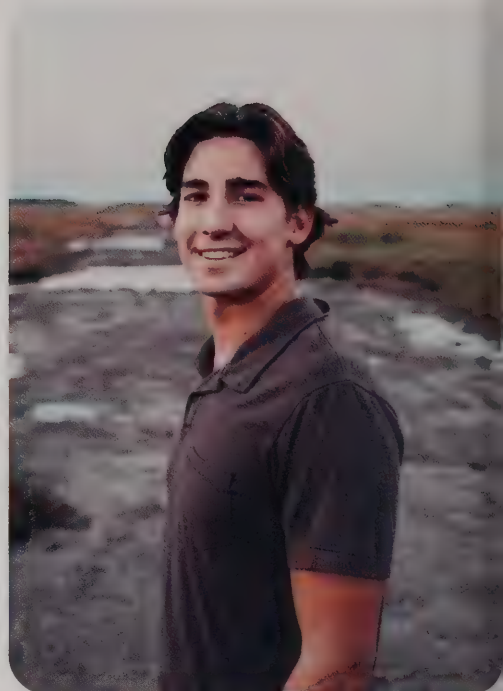
*Don't think just do it.*



**Benjamin Leach**

*One thing I could tell you is that  
I'm all over the place.*

*- Lil Uzi Vert*



**Micah Leary**

*I'm not a sore loser. It's just that I  
prefer to win and when  
I don't, I get furious.*

*- Ron Swanson*



**Leticia Lima**

*Let go and let God.*



**Rayssa Lima**

*With God all things are possible,  
even me graduating.*



**Caralena Lindberg**

*The very existence of libraries affords  
the best evidence that we may yet  
have hope for the future of man.*

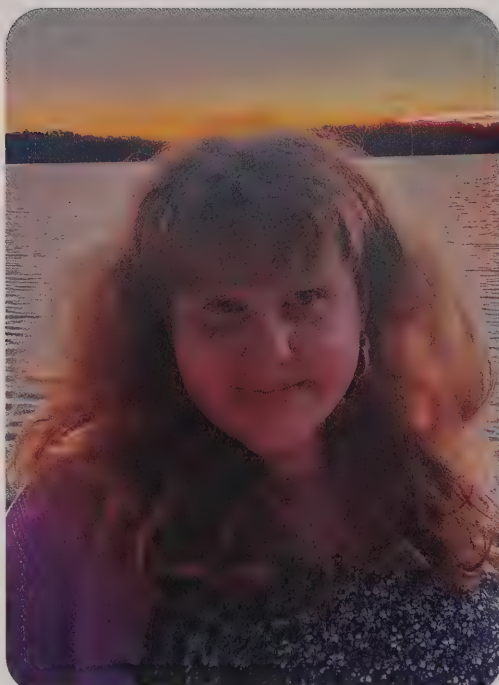
*- T. S. Eliot*





**Haley Lennon**

*Life isn't about waiting for the storm  
to pass. It's about learning to dance  
in the rain.*



**Hannah Lennon**

*Stay wild, moon child.*



**Tyler Leone**

*Only you can decide your future.  
- Tyler Leone*



**Emma Linnell**



**Melissa Lutz**

*Will I end high school or will high  
school end me?? Stay tuned...*



**Marcus Lyons**

*I'm just here so I don't get fined.  
- Marshawn Lynch*





**Nik Lyons**

*The unexamined life is the one not worth living.*



**Jacqueline Mahassel**

*I'm not mad; it's just my face.*



**Ella Maki**



**Ellis Marcel**

*All we have to decide is what to do with the time that is given us.*

*- J.R.R. Tolkien*



**Caitlyn Marczely**

*I haven't slept in four years.*

*- Frank Buffay Jr.*



**Samantha Marotto**

*Like Beyonce, I excel as a solo artist.*

*- David Rose, Schitt's Creek*





**Margaret Maki**

*I just want to be able to do it all just because that's what life is.*

*- Morgan Wallen*



**Jess Maldonado**

*La única persona que siempre estará contigo, no es nadie mas que tu.*



**Madison Maldonado**



**Joshua Martin**

*Don't worry, be happy.*



**Jose Mateo Lopez**



**Natalie Matias**

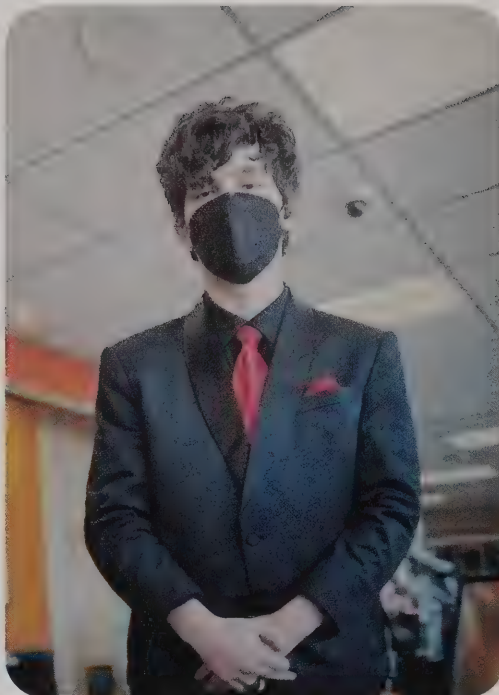
*Be a sunflower and turn to the light wherever you are.*





**Deion McCoy**

*Room 1207, thanks for everything.  
I'm flying out of here!*



**Ryan McDaniel**

*Either walk around like you're the  
king or walk around like you don't  
care who the king is.*

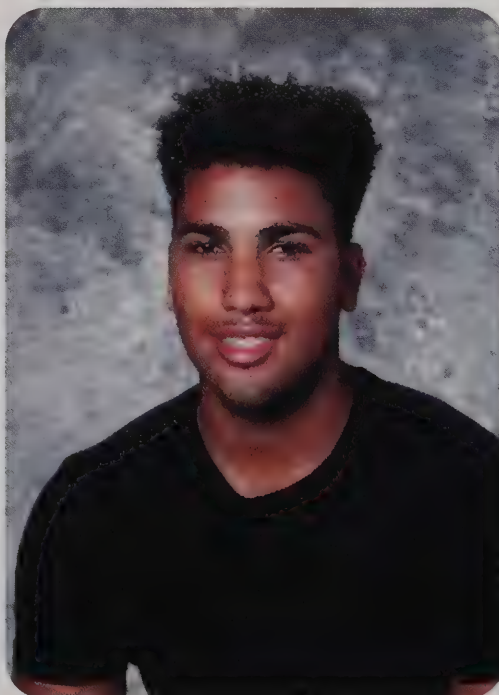


**Sam McDonald**

*You just gotta keep  
livin man. L-I-V-I-N.  
- Matthew McConaughey*



**Daniel Melanson**



**Henrique Jose  
Mendes**



**Michael Mendes**

*Always follow your heart unless your  
heart is bad with directions.  
- Spongebob*





## Aidan McDowell

*What did you dream? It's alright  
we told you what to dream.*

*Welcome to the Machine.*

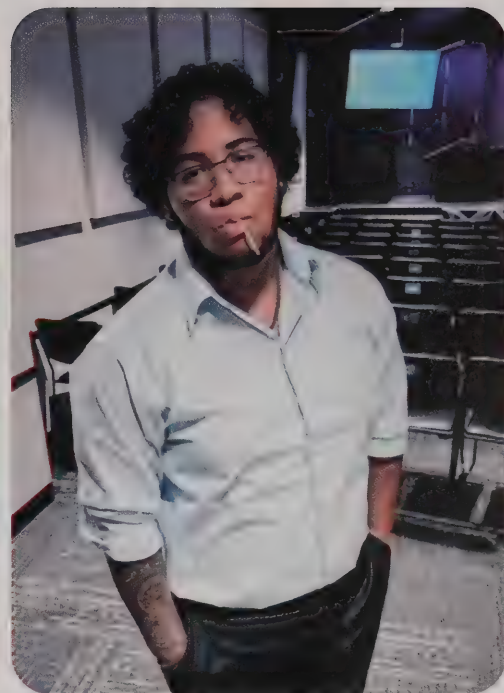
*- Pink Floyd*



## Kyra McInnis

*You can be anything in life but just  
don't be ungrateful.*

*#foreverblessed.*



## Raheim Mckenzie

*You can't force someone to  
respect you, but you can  
refuse to be disrespected.*



## Sophisticated Mendoza

*Don't let this quote distract you from  
the fact that Dick Cheney made money  
off the Iraq war.*



## Analise Mercado

*Whenever you remember times  
gone by, remember how we held  
our heads so high.*

*- Carrie Underwood*



## Derek Milgate

*Any angle.*





Isaia Mitchell

*Love can be a morbid topic if it's ruined enough.*

*- Unknown*



Tiara Monteiro



Jake Mooney

*Success isn't owned. It's leased and rent is due every day.*

*- Jason Mooney*



Vivian Nguyen



Samuel Norman

*The only person you are destined to become is the person you decide to be.*

*- Ralph Waldo Emerson*



Owen O'Connor

*Do or do not, there is no try.*

*- Yoda*





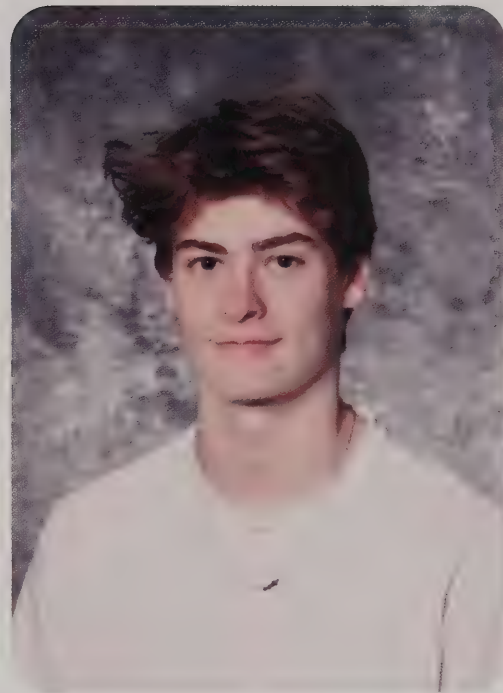
**Louann Moss**

*Guys, I'm smart. I swear.*



**João Neto**

*Be yourself.*



**Nathaniel Newman**

*Whatever you are, be a good one.  
- Abraham Lincoln*



**Luiza Oliveira**

*If you're happy doing what you're  
doing, then nobody can tell you  
you're not successful.  
- Harry Styles*



**Emily Osgood**





**Ellie O'Toole**

*Who told you you're allowed  
to rain on my parade?*

- Fanny Brice, "Funny Girl" the musical



**Halle Owen Dufresne**

*There are advantages to  
being underestimated.*

- Ghost



**Alec Pageau**

*C'est la vie.*

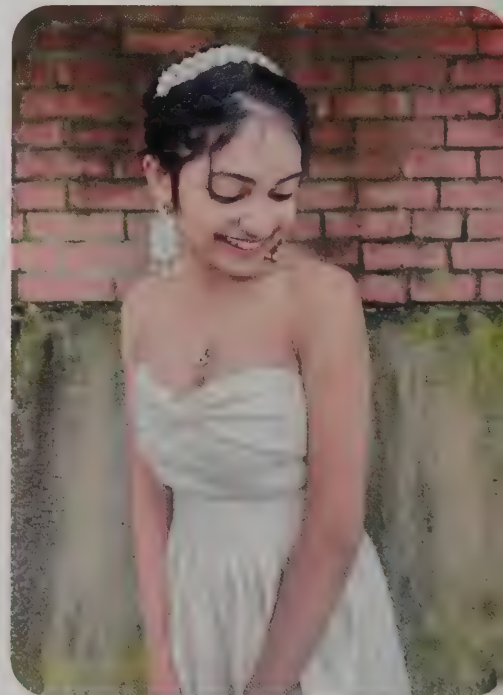


**Marianna Parache**



**Sumina Parajuli**

*You can be gorgeous at thirty,  
charming at forty, and irresistible for  
the rest of your life.*



**Jensi Patel**

*Hey!! I'm Jenu.*





**Lipe Pagnussat**

*When you put God first, you will never be last.*



**Dennis Palaguachi**



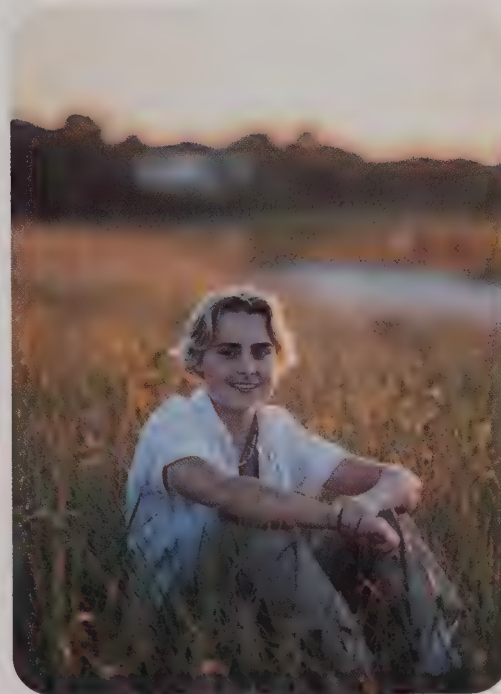
**Kalel Palazzolo-Lopes**

*You only live once, make the best of it.*



**Pari Patel**

*I am somebody.*



**Lily Pawsey**

*A life ain't a life 'til you live it.*  
- Mac Miller



**Geovanna Pereira**

*Welcome to the real world! It sucks.*  
*You're gonna love it!*  
- Monica, Friends S1 E1





**Jessica Pereira**

*The nightmare is finally over.*



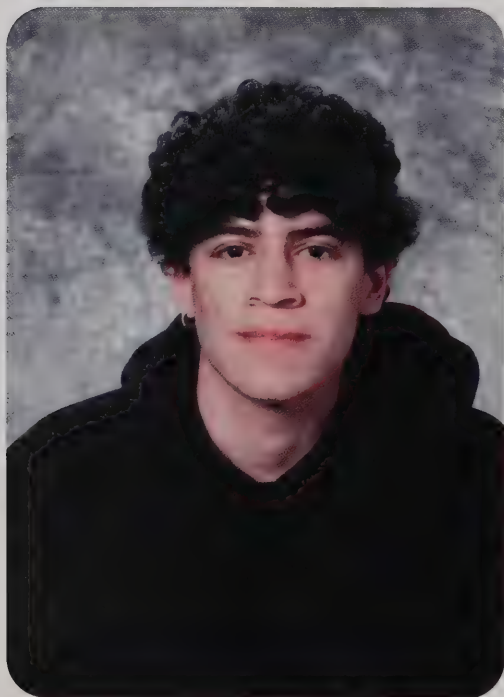
**Leila-Marie Pereira**

*My parents didn't cross the borders  
for me not to outshine  
everyone, so I did.  
- Leilastar*



**Madelyn Perry**

*Be the change you want to  
see in the world.  
- Mahatma Gandhi*



**Marcus Pinto**



**Kayla Pitzner**

*The school is a circus and we're all  
monkeys (at least until we're set  
free at graduation).*



**Benjamin Pospisil**

*Happiness is only real  
when it's shared.*





**William Peters**

*Behold, the fear of the Lord, that is wisdom, and to turn away from evil is understanding.*  
- Job 28:28



**David Peterson**



**Julia Pinheiro**

*So whether you eat or drink, or whatever you do, do it all for the glory of God.*  
- 1 Corinthians 10:31



**Destinee Powell**

*Let's see where  $y=mx+b$  will take me.*



**Kellessia Rhoden**

*Our lives begin to end the day we become silent about things that matter.*  
- Martin Luther King Jr.



**Lucy Richard**

*No rain, no flowers.*





**Romae Rigg**

*Life is like a sandwich: either way you flip it, your bread comes first.*



**Carlos Rivera**

*Love the life you live.*



**Shaylene Rivera**

*The purpose of our lives is to be happy.*



**Gustavo Rodrigues**

*Não deixo pra amanhã porque amanhã pode ser tarde.*



**Ava Rolfe**

*I'm fine, just tired.*



**Kacy-Ann Rose**

*Nothing in life is impossible as long as you take that first step.*





**William Robke**

*Tomorrow is promised to no one.*  
- Clint Eastwood



**Logan Rockwell**



**Elizabeth Rodolakis**

*You are still, as you ever were, lovely,  
beautiful beyond expression.*  
- Mary Shelley



**Jack Russell**

*When everyone else goes home,  
you're stuck with yourself.*  
- Layne Staley



**Nathan Ryan**

*Rejoice in hope, be patient in  
tribulation, and constant in prayer.*  
- Romans 12:12



**Luc-Andre Sader**

*We ain't picture perfect but we worth  
the picture still; I want to see  
that crooked smile.*





**Daniella Salas**

*Work hard in silence, let  
success be your noise.*

*- Frank Ocean*



**Molly Sanders**

*Barely went to school,  
but I still graduated.*



**Gui Santos**

*Enquanto houver 1% de chance,  
existirá 99% de Fé \$2.*



**Kaila Shea**

*Not really.*



**Cole Shechtman**

*Stand for something or  
fall for anything.*

*- Kendrick*



**Garrett Sheehan**

*Work hard in silence,  
let success be your noise.*

*- Frank Ocean*





## Gianna Scibelli

*I want to be defined by the things that I love.*

*- Taylor Swift*



## Shea Semprini

*Stay here. Stay as long as you can.*

*- Billy Madison*



## Lily Sharpe

*Me sitting with apples, I hope you have a nice day.*



## Zidaine Shepherd

*God grants me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*



## David Sherburne

*Just remember Lahey, what comes around is all around!*

*- Ricky LaFleur*



## Azaria Shipman

*Just watch by the time you look back on this I'll be a renowned music producer you'll have heard of me.*





**Kevin Siguencia  
Fernandez**

*Hard work beats wasted talent.*



**Marcos Silva**

*A few years ago I thought I'd have a cool quote by now. Nah.*



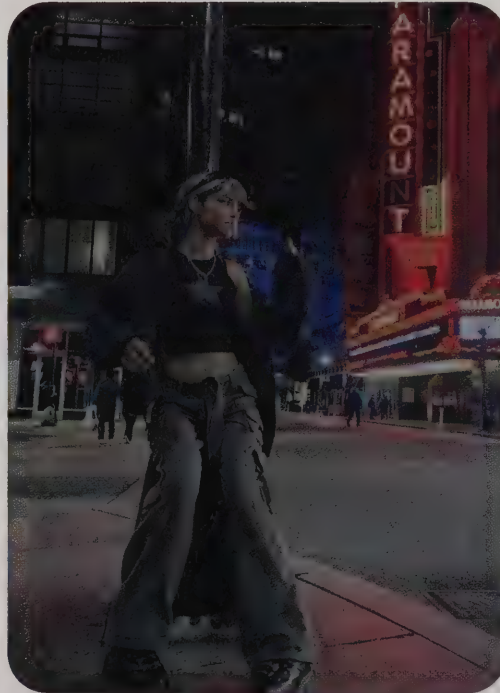
**Josian Small**

*It was all a part of God's plan, so I bloomed where he ordered my steps.*



**Frederico Souza**

*I will win. Not immediately, but definitely.*



**Sabrina Souza**

*20% cooler...*



**Nathan Stanley**

*Whatever you do, work at it with all your heart.  
- Colossians 3:23*





Fiona Smith



Michael Smith

*Never put off till tomorrow what you  
can do the day after  
tomorrow just as well.  
- Mark Twain*



Cedella Somerville

*Tony Montanna Flow 0:45.  
- SOSA*



Jilly Stringer

*I hate it when I go to hug someone  
really sexy and my face smashes  
right into the mirror.*



Leonardo Sturion

*Take them boys, to  
school, swagonometry.  
- Best Friend; Young thug*





Emma Sullivan

*We're almost there and yet nowhere  
near it. All that matters  
is we're going.  
- Gilmore Girls*



Dylan Sumner



Alyssa Svensson

*Love the life you live.  
Live the life you love.  
- Bob Marley*



Luiz Otavio Teixeira

*You can't move forward without  
saying goodbye to the past.*



Latavia Thompson



Colby Thomson

*I'm so ahead of my time my  
parents haven't met yet.*





## Katryna Sylvestre

*What you create for you,  
No one can take from you.*

- Jhene Aiko



## Abbegayle Talbot

*This is just part of growing up, a little  
adventure, a little rebellion.*

- Flynn Ryder



## Tianka Taylor

*What would you do if you did not  
win? I guess we'll never know!*

- Kanye West.



## Zaria Tobey

*Don't cry because it's over, smile  
because it happened.*

- Dr. Seuss



## Katherin Torres Sola

*Scars show us where we have been,  
they do not dictate  
where we are going.*



## Sage Touhey

*It's hard being a single father.*





Owen Tuepker

*Live the day, do what you can. This is  
only where it begins.*  
- The Lumineers



Emily Turner

*Sometimes you will never  
understand the value of a moment  
until it becomes a memory.*  
- Dr. Seuss



Samantha Tyler

5-5-22.



Danica Vernet

*Well that was a fantastic  
waste of time.*



Mackenzie Veterino

*I don't know where I'm going from  
here but I promise it won't be boring.*  
- David Bowie



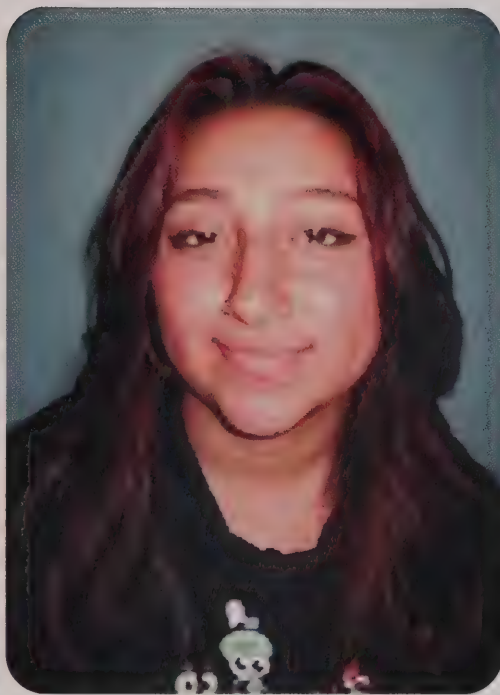
Dillon Vigneau





**Mya Vargas**

*God's timing is never wrong.*



**Katherine Vasquez**

*Es mas fácil pasar la frontera que el semestre y esto no fue como en "High school" musical en absoluto.*



**Jhulia Leticia Verdeiro**

*I'm going to make this way harder than it needs to be.*

*- Michael Scott, The Office  
(basically me in everything I do).*



**Estella Wagner**

*It was the best of times, it was the worst of times.*

*- Charles Dickens*



**Isabelle Wagner**

*Well, I won't be doing any of that, but thank you.*

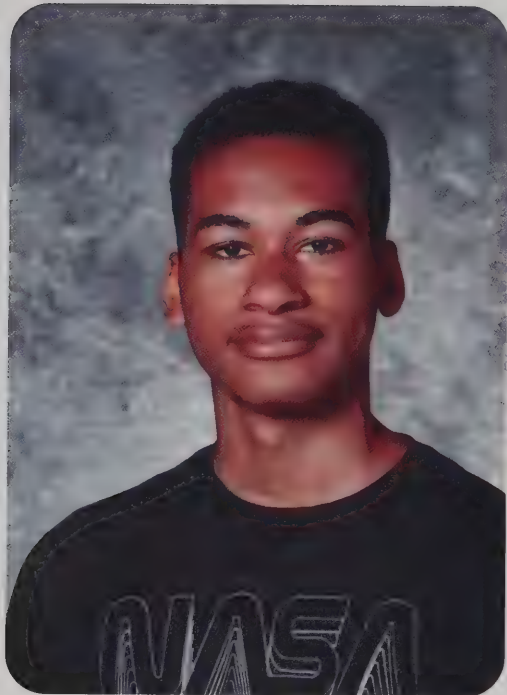


**Jack Warren**

*Never apologize for what you feel. It's like apologizing for being real.*

*- Lil Wayne*





**Joseph Watson**

*I miss the cookies.*



**Eamon Welch-Viens**

*So long Space Cowboy.*



**Antonio White**

*We graduated to go back to school.*

*- Tony White*



**Charles Yates**

*See you on the other side.*



**Rheanna Yethman**

*I sweat my edges out for this GPA.*

*- Rheanna Yethman*



**Maria Eduarda Zanelato**

*12 years later...*





Jayden Williams

*If you want to fly, let go of everything  
and everyone that holds you down.*



Marc Wiseman

*The only person you are destined to  
become is the person you  
decide to be.*

*- Ralph Waldo Emerson*



Alexcia Wright

*What's meant to be will always  
find a way.*



Keira Zimmerman

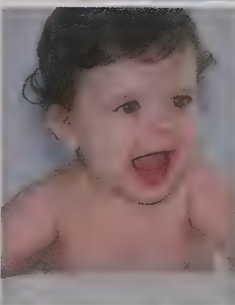
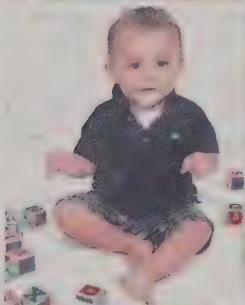
*Weird flex but okay.*



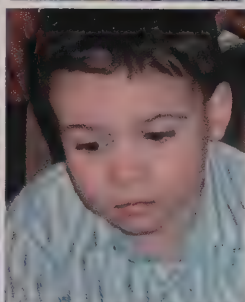
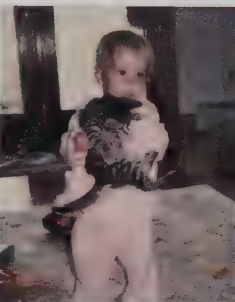
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Damon Alty  
Sarah Alves  
Leticia Amorim  
Miranda Anacki



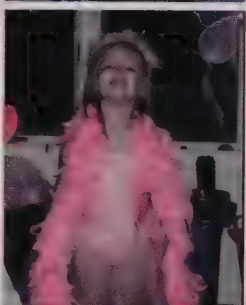
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Alex Arabadzhiev  
Heloisa Araujo  
Tay Armstrong  
Nimra Asim



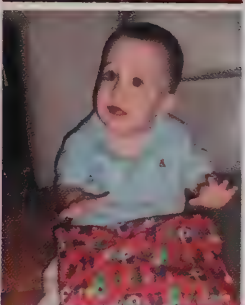
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Rose Bancroft  
Delanie Barselow  
Joseph Biase  
Aakriti Bindukar



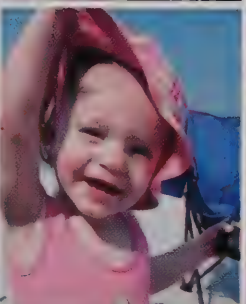
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Lotus Bonfiglio  
Remy Borden  
Daniel Botolino  
Sara Boumghait



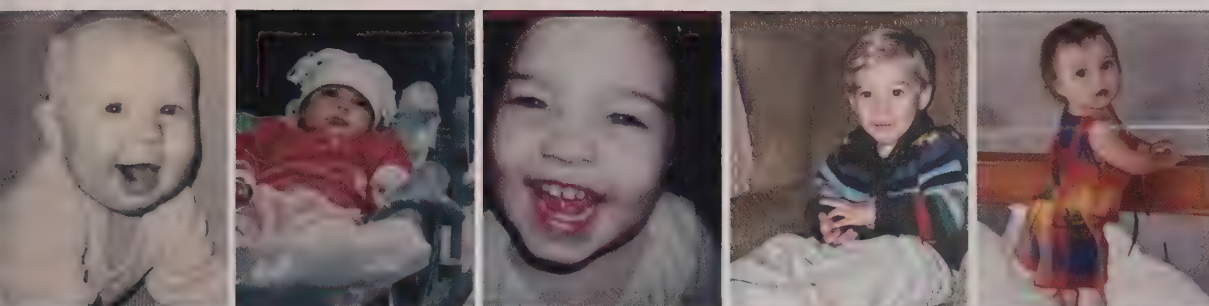
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CeCelia Brisbois  
Faith Bright  
Reece Bright  
Sydney Bright



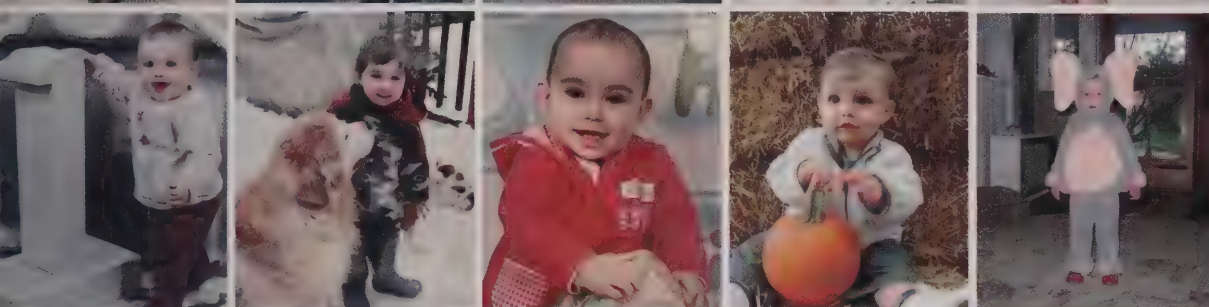
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Coley Buckler  
Grace Bunnell  
Joslin Cabral  
Shobal Cadet







Molly Cahill  
Karol Calle Narvaez  
Ryker Campbell  
Anthony Capelle  
Madison Carney



Amelia Cassidy  
Lucas Catozzi  
Amanda Coutinho  
Ryan Christensen  
Penelope Clifford



Anna Julia Coelho  
Sam Colesano  
Grace Condinho  
Hogan Corona  
Nicole Costa



Thainara Costa  
Maryana Crawley  
Abby Creedon  
Jean Criollo  
Jimmy Crowley



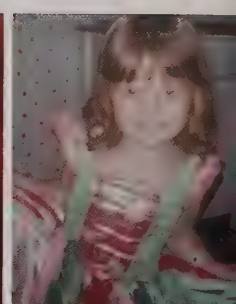
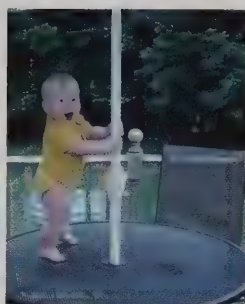
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Catherine Curley  
Sherri Danforth  
Isabella DaRosa  
Ana Brenda Da Silva



Anna Victoria Da Silva  
Brendon DaSilva  
Rebeca DaSilva  
Yasmin DaSilva  
Aundrez Davignon



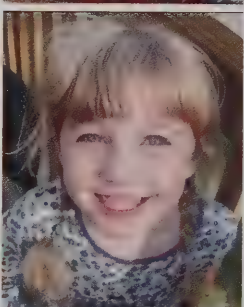
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Alyssa De Moraes  
Isabella De Oliveira  
Ramom De Souza  
Caroline DeFeudis



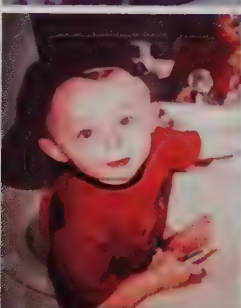
Cole DeFrancisci  
Haley Demanche  
Morgan Dennison  
Ana Derquin  
Samantha Desrocher



Bryanna DeVincent  
Natalia DeVincent  
Rose Dibb  
Vincent DiGiacomo  
Carolina Peixoto



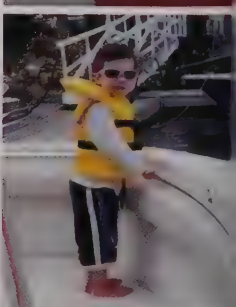
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Lorena Dos Santos  
Liam Doyle  
Hannah Dutra  
Sigourney Ebanks



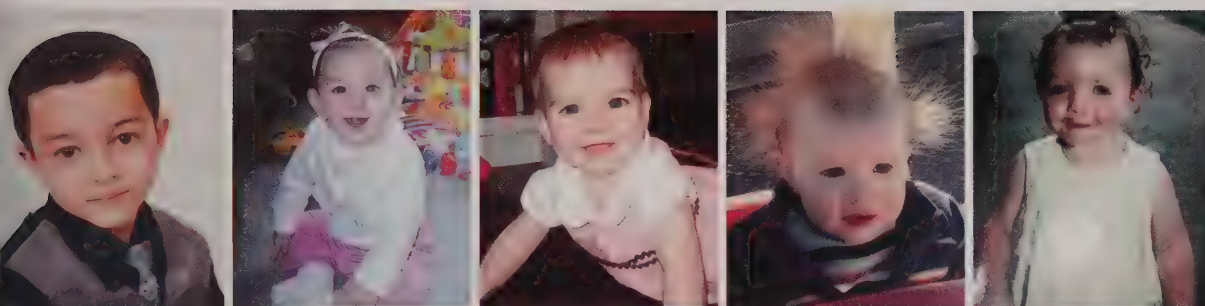
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Abby Eldridge  
Lillie Ells  
Lucie Ells  
Carol Esser



Keegan Farrenkopf  
Jaye Fedele  
Amber Fena  
Holly Fena  
Evan Fishback







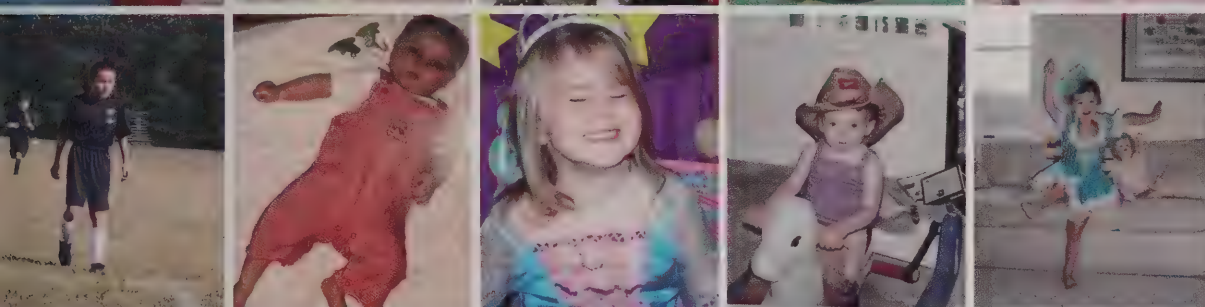
Domanic Ford  
Hannah Framson  
Nieve Fromhein  
Ian Galvin  
Rylie Garlington



Adrianna Giannelli  
Oona Grace  
Kayla Hanson  
Juliana Hamelburg  
Liliana Hegarty



Jessica Hernandez  
Casey Holland  
Julia Homem  
Yunna Hu  
Molly Hudson



Brian Huerta-Tenezaca  
Zoe Hughes  
Ciarra Hupp  
Lilia Hyatt  
Hannah Jensen



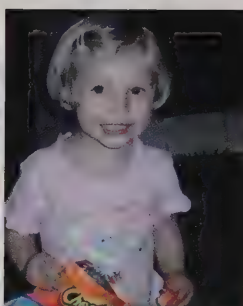
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Elijah Johnson  
Gia Johnson  
Jordynn Johnson  
Takyla Johnson



Jordyn Johnston  
Peter Johnston  
Lindsay Jones  
Samantha Judge  
Annabelle Kane



John Kayajan  
Anne Kennedy  
Molly Kenney  
Renna Kingsbury  
Lucille Komar



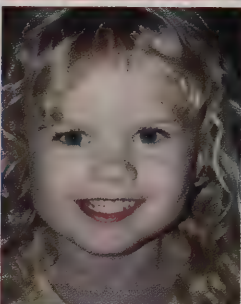
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Micah Leary  
Haley Lennon  
Hannah Lennon



Tyler Leone  
Leticia Lima  
Caralena Lindberg  
Melissa Lutz  
Marcus Lyons



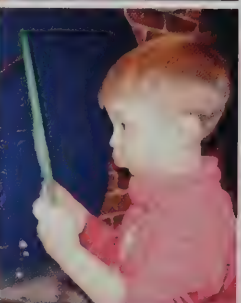
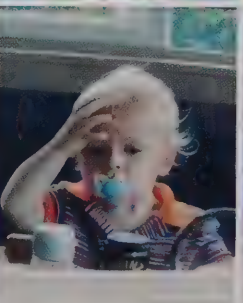
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Jackie Mahassel  
Ella Maki  
Margaret Maki  
Jess Maldonado



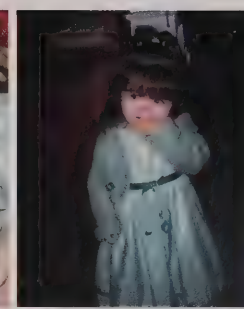
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Joshua Martin  
Natalie Matias



Deion McCoy  
Sam McDonald  
Aidan McDowell  
Kyra McInnis  
Raheim Mckenzie



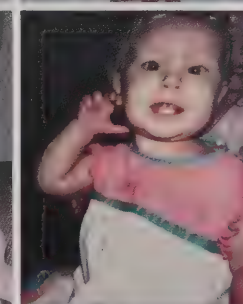




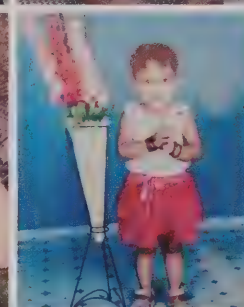
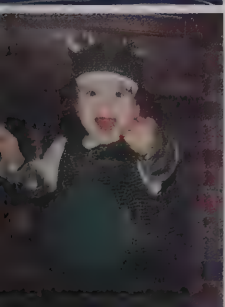
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Michael Mendes  
Sophie Mendoza  
Analise Mercado  
Derek Milgate



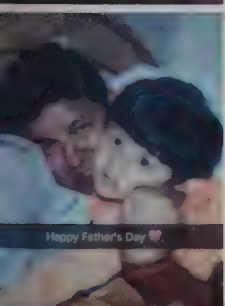
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Jake Mooney  
Louann Moss  
Joao Neto  
Samuel Norman



Owen O'Connor  
Luiza Oliveira  
Emily Osgood  
Ellie O'Toole  
Halle Owen Dufresne



Alec Pageau  
Lipe Pagnussat  
Kalel Palazzolo-Lopes  
Sumina Parajuli  
Jensi Patel



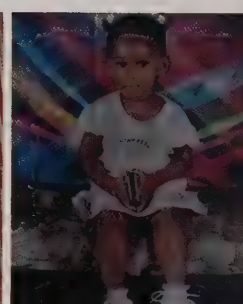
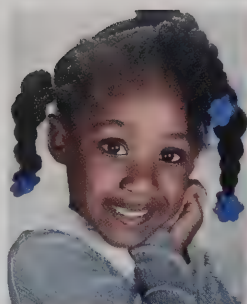
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Geovanna Pereira  
Jessica Pereira  
Leila-Marie Pereira



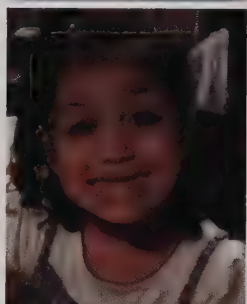
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Julia Pinheiro  
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Destinee Powell  
Kellesia Rhoden  
Lucy Richard  
Romae Rigg  
Carlos Rivera



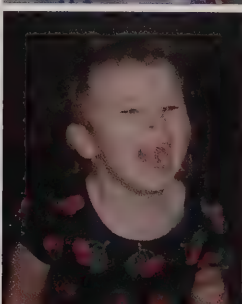
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Elizabeth Rodolakis  
Gustavo Rodrigues  
Ava Rolfe



Nathan Ryan  
Luc-Andre Sader  
Daniella Salas  
Molly Sanders  
Gui Santos



Gianna Scibelli  
Shea Semprini  
Kaila Shea  
Cole Shechtman  
Garrett Sheehan



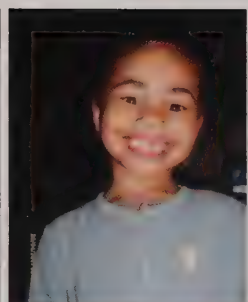
Zidaine Shepherd  
David Sherburne  
Kevin Singuencia  
Marcos Silva  
Josian Small



Michael Smith  
Cedella Somerville  
Sabrina Souza  
Nathan Stanley  
Jilly Stringer



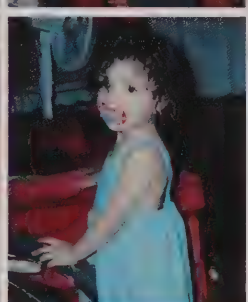




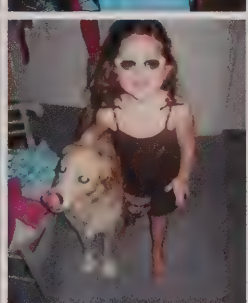
Leonardo Sturion  
 Emma Sullivan  
 Alyssa Svensson  
 Katryna Sylvestre  
 Abbegayle Talbot



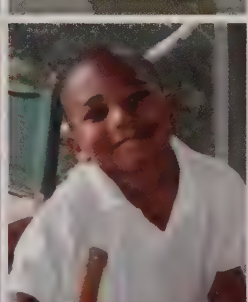
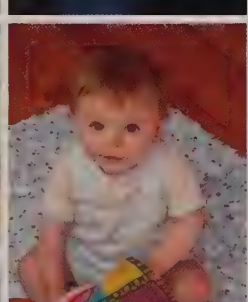
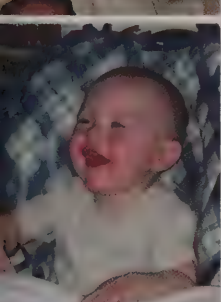
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 Sage Touhey



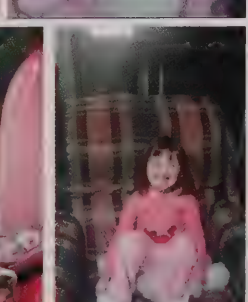
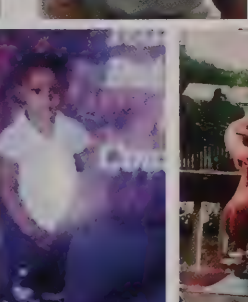
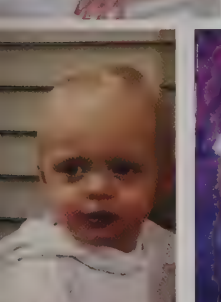
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 Emily Turner  
 Samantha Tyler  
 Mya Vargas  
 Jhulia Leticia Verdeiro



Danica Vernet  
 Mackenzie Vettori  
 Dillon Vigneau  
 Estella Wagner  
 Isabelle Wagner



Jack Warren  
 Joseph Watson  
 Eamon Welch-Viens  
 Antonio White  
 Jayden Williams



Marc Wiseman  
 Alexcia Wright  
 Charles Yates  
 Rheanna Yethman  
 Maria Zanelato  
 Keira Zimmerman



# wintertime moments

Cape Cod is more than a beautiful place in the summer; the winter is just as magical. As the leaves start falling off the trees and the sky turns gray, frost covers our windshields and puffer jackets come out. The winter season brings major holidays with many celebrations to attend, including the Christmas Strolls in each village, lighting ceremonies, Christmas caroling, homemade cookies, and horse-drawn carriage rides. As well as the Christmas Parade in Falmouth and a lighting ceremony for the Lobster Pot Tree in Provincetown. As we prepare to endure the next chapters of our lives and go off to college or go on our own journey, we spend this time with our families, practicing our religions, and making timeless memories.





**Snow on the beach:**

Hannah Framson takes a beautiful picture of Nauset beach with a light cover of snow and the sun rising in the background.





# PAINT to PARK

Seniors show off their unique vehicles and painted parking spaces. The senior class hosts a paint your parking spot fundraiser, with hopes of it becoming an annual tradition.



Grace Condinho sits on top of her Maroon 2009 Jeep Wrangler.



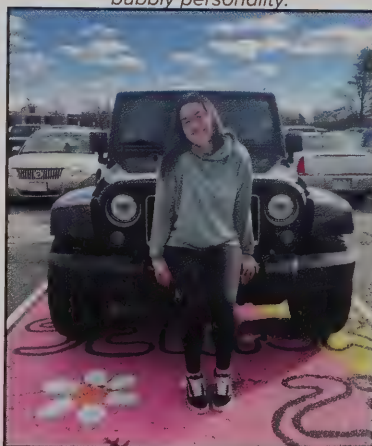
Yasmin Dasilva smiles with her dark gray 2013 Ford Focus. Her polka dotted license plate-themed parking spot reflects her bubbly personality.



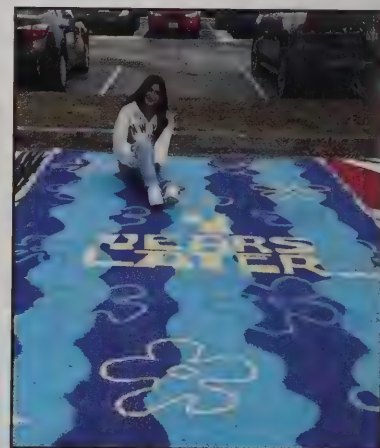
Pawsey poses with their painted parking spot inspired by The Hollywood Walk of Fame. It represents their dream to make films in the future.



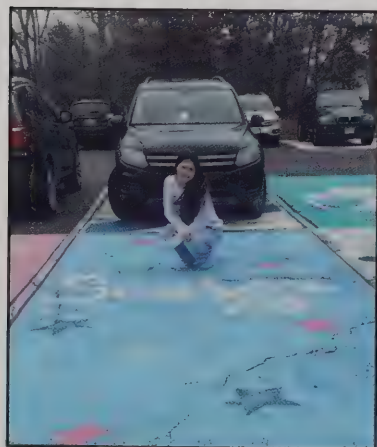
Nathaniel Newman smiles with his dark green 2000 Honda Accord.



Amanda Coutinho with her black 2018 Jeep Wrangler Sahara. Her painted pink and yellow parking spot featuring a puzzle piece is dedicated to her little brother, Lucca.



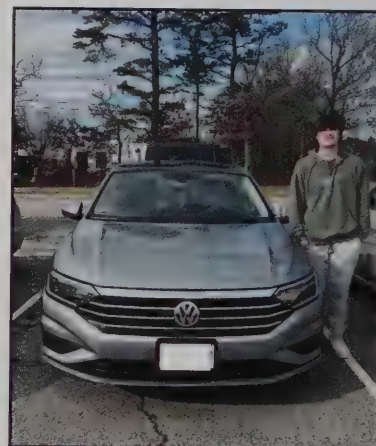
Nimra Asim and her Spongebob inspired parking spot. The iconic phrase and Bikini Bottom flowers are shown.



Anna Julia Coelho and her light blue parking spot. The word "Senior" and '23' is painted as well as pink, gray, and teal stars.



Haley Demanche with her white, 2022 Honda CRV on her turquoise-colored parking spot.



Cole Shechtman stands by his gray 2021 Volkswagen Jetta.



# PAINT in PROGRESS



Isabella De Oliveira begins painting the base layer of her "Love like Jesus" parking spot.



Alyssa Svensson takes photo of boyfriend, Michael Smith while he sets up the stencils for his parking spot.



Amelia Cassidy and Julia Homem smile as they begin to outline and paint the words onto a Monopoly inspired parking spot.



Morgan Dennison poses with her AWill motor bike. This was one of the most popular forms of transportation around the parking lots on paint day.



Rose Bancroft puts a thumbs up while standing next to her spot. She painted one of Kanye West's most popular album covers, "Graduation".



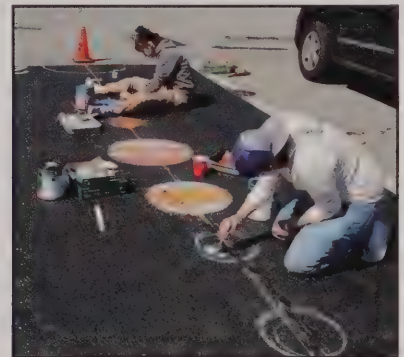
Danica Vernet helps Mrs. Briggs design and paint her alien themed spot which reflects the new Horror and Sci-Fi class that she is teaching.



Maria Eduarda Borges Cruz and helpers smile as her dad takes a selfie with her Brazilian flag inspired parking spot.



Owen Tuepker, Ryan Christensen, and Mackenzie Vektorino begin making hand prints as a way to sign each other's parking spaces.



Gia Johnson and girlfriend, Liv Morrison, work hard as they start painting the rest of the planets onto this solar system themed parking spot.



# wandering through

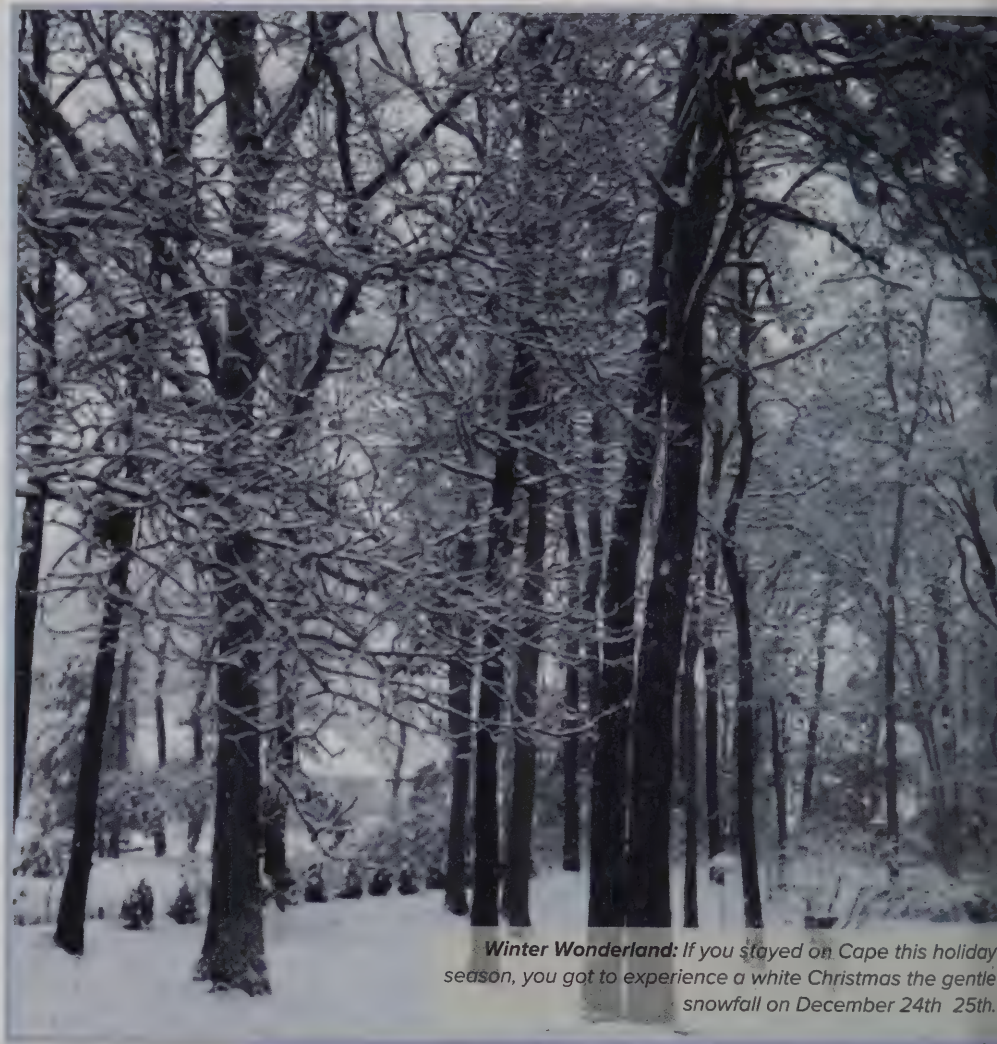
Recap of places traveled near and far by students during the winter months to either enjoy or escape the cold New England weather.

*Jordynn Johnson & Molly Hudson take a trip to Dowses Beach to catch the sunset together.*



## snow on the beach

-----  
As we transition into the colder months of the year, Cape Cod becomes a beautiful place to experience the winter season. One of the things that makes it so beautiful is the way that the beaches look when it snows.  
-----



*Winter Wonderland: If you stayed on Cape this holiday season, you got to experience a white Christmas the gentle snowfall on December 24th 25th.*

*Abby Creedon takes her dog, Klaus, for a long walk at Sandy Neck Beach.*

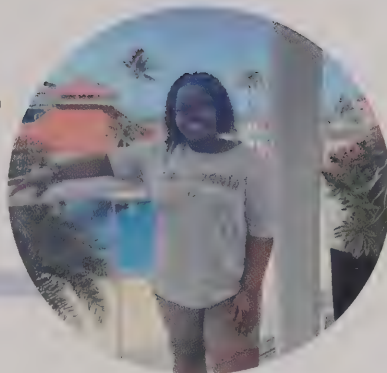


*Lucie Ellis & Molly Cahill visit Keveney Lane in Yarmouth Port during low tide.*



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**Josian Small** vacationed in warm Jamaica to celebrate the holidays, while wearing matching festive pajamas with her family and cooking homemade meals all day long.



**Rose Bancroft** took a breathtaking trip to South Africa during December break, where she spent time capturing her favorite moments of the views and animals with her camera.



**Ellie O'Toole** traveled to New York City during the break to see the revival of her all time favorite Broadway show, *Funny Girl*. The show was incredible and she was so grateful to get to experience it live.

## h i t t i n ' t h e s l o p e s

**Maddy Perry & Domanic Ford** love going skiing together at Bretton Woods, New Hampshire.



**Alyssa Svensson & Michael Smith** take on the Wachusett mountains while skiing at night.



**Jaye Fedele & Elisabeth Baird** conquer the Attitash and Wildcat mountain in New Hampshire.







# NOTHING BUT NET

Senior Coley Buckler skating by the student section as he gets ready to faceoff.

The 2023 boys hockey team had a fulfilling season on and off the ice. On the ice having some amazing moments including defeating Natick 2-1 making them tournament champions. Since the beginning of the season these boys have been giving back including helping local police officers load up toys for Toys for Tots, lending a hand by making blankets for shelters as the cold months approached, teacher appreciation night, and having a Barnstable youth hockey player come onto the ice with them before every home game.

## SENIOR GOALS

If you could meet your favorite hockey player who would it be and why?



### MICAH LEARY:

David Pastrnak from the Boston Bruins because he is an amazing player and nothing better than watching him play live.

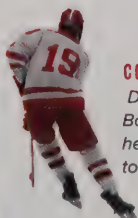


### OWEN TUEPKER:

Patrice Bergeron from the Boston Bruins because he shows great leadership and character which has inspired me throughout my career.



Team celebrates after senior, **Shea Semprini** scores against Weymouth.



### COLEY BUCKLER:

David Pastrnak from the Boston Bruins because he seems funny and nice to be around.



### SHEA SEMPRINI:

Patrice Bergeron from the Boston Bruins because he's been an inspiration all of my life and demonstrates qualities I look to replicate on and off the ice.



Ms. Sweeney shows off senior captain **Shea Semprini's** jersey for teacher appreciation night.



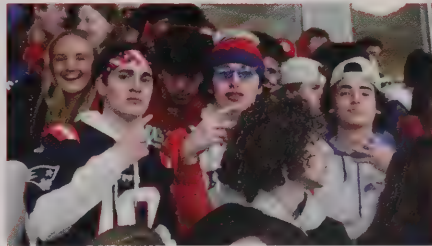
## STUDENT SECTION



*The Barnstable Boys Hockey Team*



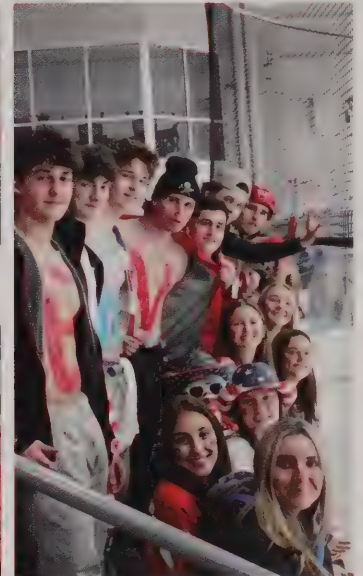
*The team celebrates as they defeat Natick and become tournament champions.*



*Seniors: Keegan Farrenkopf, Daniel Botolino, and Garrett Sheehan rooting on the team by wearing red, white, and blue.*



*Seniors: Pawsey, Grace Bunnell, Annabelle Kane, and Annie Kennedy showing their RedHawk pride by making the trip to Falmouth for the rivalry game.*



*Students showing their support by spelling out Barnstable across their chests.*



*Barnstable facing off against Falmouth at the Hyannis Youth & Community Center.*



*The varsity teams raises their sticks as the seniors skate by for senior night.*

## OFF THE ICE

*Helping make blankets for shelters.*



*Teacher appreciation game where each player gave their jersey to a teacher that has made an impact on their life.*



*Helping local police load up Toys for the Toys for Tots Parade.*





# DOWN TO THE

*Girls Hockey skates into the 2023 season*

# BUZZER

As the 2023 season of the Barnstable Girls Hockey team comes to an end, we can reflect on a number of its highlights. Along with junior captains Ally McEneaney and Ryley King, seniors Penelope Clifford (captain), Molly Hudson, and Miranda Anacki are leading the charge. Barnstable had a challenging schedule this season, but showed their skill over some of the hardest teams in the league. One of the biggest victories this season came from a win over Old Rochester for the annual "Pink In The Rink" game. Three seniors will leave Barnstable this year, leaving a void to be filled in the upcoming seasons. This group of athletes has contributed significantly to the program for many years and left a lasting impression while they were here. The Barnstable Girls Hockey team goes into the post season with a record of 6-1-5 and a season worth remembering.

*Photos by Tape To Tape Photography- All Rights Reserved*





# 2023 SENIORS

DO YOU HAVE ANY GAME DAY SUPERSTITIONS, IF SO WHAT ARE THEY?



## PENELOPE CLIFFORD

*"We listen to the song  
"Run This Town" by  
Jay-Z on the bus before  
every away game."*



## MOLLY HUDSON

*"During our warm ups,  
we count in Japanese  
for part of our  
stretching."*



## MIRANDA ANACKI

*"Energy is really  
important; we need to  
have energy on the  
bench and in the locker  
room before each game."*

## PINK IN THE RINK



"Pink In The Rink" is an annual game played by the Barnstable Girls Hockey team. Hosting the game honors and brings attention to individuals impacted by cancer. All fans are invited to activities to raise money for the cause while the game is being played, pink jerseys are worn, and the rink is decorated. This year, the team decided that Tommy's Place in Centerville, a local charity that aids children and their families battling cancer, would get 100% of the proceeds. Barnstable won their "Pink In The Rink" game 6-0 over Old Rochester.

Artwork and photography by SilverPeak Studios- Copyright 2023 All Rights Reserved

## OFF THE ICE

In addition to making a difference on the ice, Barnstable Girls Hockey also makes a difference in the community off the ice. Prior to entering the rink, senior captain Penelope Clifford is pictured fist-bumping a fan. Through events like Girls Skate Night, which brought together younger skaters, games that benefited the community, and being recognized for their dedication in all facets of the sport, the athletes have served

as role models in the community.

## MEET THE CAPTAINS



(Left to right) Penelope Clifford, Ryley King, Ally McEneaney

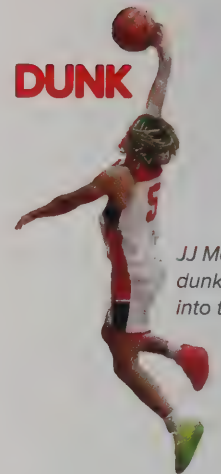


# SHOOTING FOR SUCCESS

The boys put in early mornings and late nights for their successful season



**DUNK**



JJ Martin  
dunks the ball  
into the net.

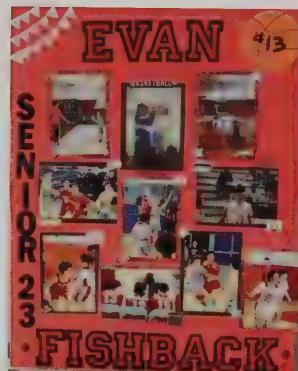
SENIOR  
SENIOR

## WHAT'S YOUR PREGAME RITUAL?



**Evan Fishback**

"Before a game I like to listen to music, one of my favorite hype songs is 'What if I Shine' by Barbie  
- Evan Fishback



Evan Fishback's senior night poster displays all the memories of his basketball career.



JJ Martin's senior night poster celebrates his achievements throughout his basketball career.



**JJ Martin**

"I like to stretch and shoot around before a game."  
- JJ Martin

SPOTLIGHT



## 2023 BOYS VARSITY BASKETBALL TEAM



The boy's basketball varsity team put up an incredible fight this season, with their win-loss record being 8-12. The boys put in early morning conditioning and late practices, and that is what contributed to their success. Throughout the season, they were led by Coach Taylor and Assistant Coach Ferguson. The seniors leaving this year are J Martin and Evan Fishback. Evan was the captain of the team and put in the extra work to truly deserve the position. Some memorable highlights from this season were when

they beat CCA, which broke the long-standing 17-game losing streak in December. Another highlight from this season would be Kauan Desa's buzzer-beater to beat DY in the final seconds of the game. This was truly one of the best seasons under Coach Taylor. The boys couldn't have done this season without the support of friends, family, and most importantly, the student section. To top it all off, the top-voted player of the season was number eleven, Evan Briggs.



The Football team supports the Red Hawks while wearing their letterman jackets.

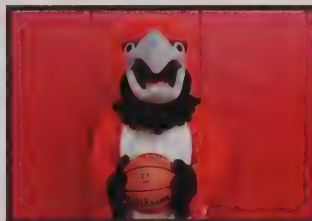


Liam Fishback poses with a blow up of his brother (Evan Fishback's) head.

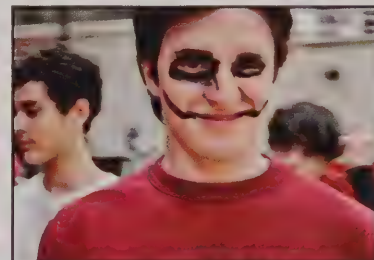
## STUDENT SECTION



Three friends smile for a picture during a home game.



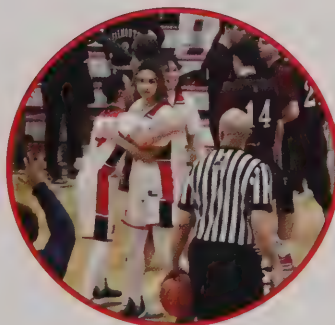
Our Red Hawk mascot warms up with the boys before their big game.



Keegan Farrenkopf shows his support for the team with his creative eye black.



Evan Briggs runs past his teammates as he is called to start.



The seniors hug and celebrate their win against Falmouth.



Coach Taylor shows the boys the next play during a time-out.

## MEET THE COACHES



**Coach Taylor** **Coach Ferguson**



# TAKE IT TO THE NET



*Girls basketball, with a new team and new coaches, give the season their all.*

*Coaches Mia Crawley and Shyanne Pires hold the game ball for their first varisty win*

Barnstable Girls Basketball conclude their 2023 season with seniors Joslin Cabral and Juliana Hamelburg. Captains Sofia Atsalis, Hannah Zerbo, and Chloe Egan, led the team through its ups and downs and will continue to next year. The team faced a challenging schedule, but they rose to the occasion and achieved their goals. In addition, Mia Crawley and Shyanne Pires, both former Barnstable High School basketball players, were the coaching staff for the 2023 season. The team was strengthened both on and off the court. The team found victories against Nantucket, Martha's Vineyard, Nauset, and Cape Cod Academy. In spite of the fact that this year was a rebuilding year for Barnstable, the team was still able to achieve success on multiple fronts. The Barnstable Girls Basketball will come back ready for their next season, and carry on the legacy left by this year's seniors.



*2023 Girls Basketball team poses for a group shot*

## 2023 GIRLS BASKETBALL TEAM



*The team huddles during a time out at their home game*





Senior Joslin Cabral prepares to pass to her teammate

## SENIOR SPOTLIGHT

*If you weren't playing basketball, what other winter activity would you do?*



### #2 JOSLIN CABRAL

*"If I were not playing basketball, I would be on the winter track team"*



### #4 JULIANA HAMELBURG

*"I would be working out more at the gym"*



Seniors Joslin Cabral and Juliana Hamelburg pose with the game ball

Designed by Jordynn Johnson



# THE FINAL LAP

*Barnstable's 2023 Track Team has a record breaking season*



***What shoe brand is your favorite for running?***



Grace  
Condinho  
New  
Balance



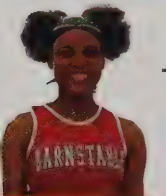
Lillie  
Ells  
Hokas



Keegan  
Farrenkopf  
Asics



Denrick  
Francis  
Nike



Latavia  
Thompson  
Brooks



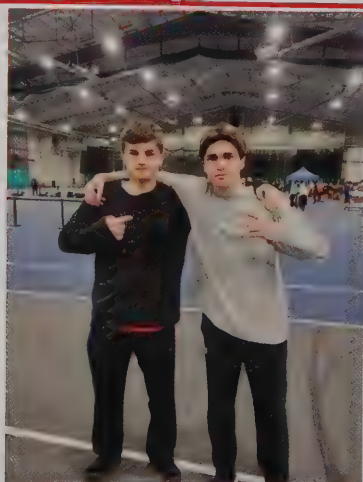
Eamon  
Welch- Viens  
Hokas

***"My seniors are great leaders for the new athletes. Leading by example and their words. They will be difficult to replace. They always step up when the team needs them."***

**- Coach Faszewski**



Senior Keegan Farrenkopf running in a meet against Falmouth at Wheaton College



Seniors Keegan Farrenkopf and Nathan Stanely pose for a picture after their race



The 2023 Barnstable Track Seniors

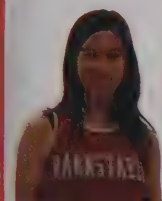




Senior, Grace Condinho running the 1000 meter against Falmouth at Wheaton College.

The 2023 Barnstable Winter Track team has had a season worth recapping. With twelve seniors, the team will have big shoes to fill in the coming years. Everyone involved will remember many of the unforgettable experiences from this season. Along with numerous other triumphs throughout the season, the girls' distance medley relay team won and broke a meet record. Senior Casey Holland ran the 300 meters in a personal best time of 37.77. Coach Faszewski discussed the season's successes and emphasized the legacy that this year's senior class would leave behind for both the current group of athletes and for all future teams. They influence the team in an impactful way while bringing a positive energy to practices and meets. A talented group of competitors will be hard to replace. Overall the senior class and 2023 Barnstable Track Team had a season for the books.

## What is your final lap song?



**Renna Kingsbury**

"Tek It"  
by Cafune



**Elizabeth Rodolakis**

"You're So Vain"  
by Carly Simon



**Zidaine Shepherd**

"Beautiful"  
by DJ Khaled



**Nathan Stanley**

"Closing Time"  
by Semisonic



Girls from the 4 x 400 meter team competing against Nauset.



The wrestling team had a busy season with almost two matches a week. This year's team had new teammates and coaches which contributed to their success. They even had a couple wrestlers qualify for states including Sophia Simonelli who placed third at MIAA All-State Tournament.



Mr. Sentes giving some wrestling tips during their meet.



Senior, Nate Ryan, taking down wrestler from Whitman Hanson.

# The Smackdown

The wrestling team coming in bigger and stronger this season.



Sophia Simonelli celebrating placing third at the MIAA All-State tournament at Reading High School.

## Senior Strikers

What's your favorite memory of wrestling at BHS?



The wrestling team supporting each other from the side as one their own is on the mat.



### Ben Davis

"My favorite memory wrestling was at the Weymouth tournament when I went 4-1 and got fifth place out of 21 teams."



### Will Robke

"My favorite memory is placing at sectionals."



### Jack Russell

"My favorite memory is when Mr. Sentes did a surprise exhibition at the last home wrestling event of the year."



### Nate Ryan

"I would have to say the memory I always come back to is my first win on the mat. After winning in front of all the kids, I looked up to, I came off the mat and was lifted up and congratulated by all my teammates."



### Cole Shechtman

"My favorite memory would probably be on the bus rides back with the team after winning a meet."







The gymnastics team had an incredibly successful season even through some changes. This year the team combined with Mashpee and Falmouth High School to make one team, the FMB team. This group of athletes have become closer then ever and created a new bond that no other sports team experiences here at BHS. These changes didn't stop their success. The FMB Team placed third at leagues and had multiple individuals qualify for the state tournament.

# Chalking Up

The gymnastics team launches a new twist this year.



Juliette Eldridge shows off the teams' hair, a blend of each school's color at their meet against Notre Dame Academy.

The gymnastics team huddling up before their meet.



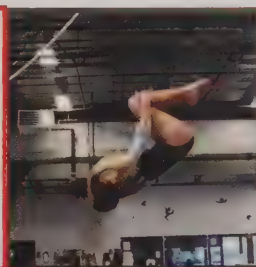
## Senior Star

Senior, **Jackie Mahassel**, has been a gymnast since she was three years old. All of her dedication has paid off. Jackie has been on the varsity gymnastics team as an all-rounder since freshman year and has been awarded the honor of being a captain her senior year. Jackie has qualified for the state individuals her sophomore, junior and senior year. Jackie has left a lasting impact on the team and the team will have big shoes to fill in the coming seasons.

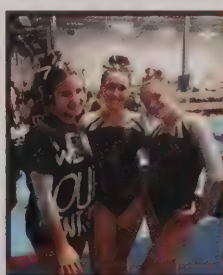
Senior, Jackie Mahassel chalking up for her bar routine.



Junior, Juliette Eldridge doing a tuck off the vault.



Sophomore, Elena Garguilo prepping for her beam routine.



Juniors Bella Fernandez and Juliette Eldridge showing their support for Jackie Mahassel on senior night.





Senior CeCelia Brisbois finishes her lap butterfly style

# MINUTE TO WIN IT

## Barnstable Red Hawks Splash and Dive Into the Season

**T**he Barnstable 2023 swim season was led by seven captains, including our five seniors, and two coaches. The Wareham coaches oversaw their YMCA training. The five seniors leaving this year, including Sherri Danforth, Lucie Ellis, Jake Kayajan, Maddy Perry, and Cece Brisbois. Additionally, the boys placed fifth at the Cape Cod and Islands Conference Championships meet and the girls placed fourth. The seniors have made their mark over the last three years and are finally ready to leave the nest in the capable hands of the juniors.

The girls had a total of four losses and three wins this season. The boys had a total of five losses and two wins. For the team, a typical day looks like arriving at the YMCA as soon as possible, changing into a uniform, and then getting into the pool to start off with some swimming in the lanes before moving on to the diving board. These seniors have put in the hard work, and now it's time for them to fly.

## COACHES



Coaches Wareham and Wareham have made it all possible through hard work, attention to detail, and tough love.

## SENIOR SURVEY: WHY SWIM?

116



Sherri Danforth



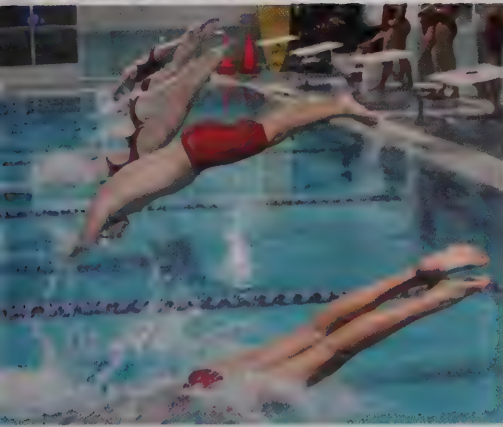
Maddy Perry



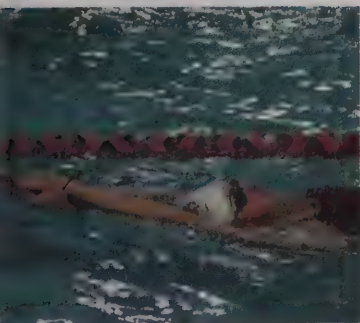
Lucie Ellis



## DIVING for DUES



The swimmers dive into their lanes on the mark of their coach.



Junior Carly Steenstra glides through backstroke.



Senior Madelyn Perry flies through her lane.



## CAPTAINS CORNER

These seven captains of the BHS Red Hawk Swim Team: Jeremy Bullock, Carly Steenstra, Alexa Garthee, Madelyn Perry, Sherri Danforth, CeCelia Brisbois, Lucie Ells, and Jake Kayajan (not pictured) have helped lead their team to an incredible season through friendship, communication, and committed teamwork.

## The 2023 Barnstable Varsity Swim Team

“ LETS GO  
RED HAWKS ”  
-Sherri Danforth



Designed by Sara Boumghait



Jake Kayajan



CeCelia Brisbois





**Remy Borden**

"My favorite piece that I've performed is "I Don't Feel No Ways Tired", which I sang with a 200 person choir at Southeast District Music Festival."



**Ryan Christensen**

"I have been playing classical guitar for thirteen years now, but since then I have branched out into different genres such as jazz, contemporary, indie, etc."



**Maryana Crawley**

"My favorite piece that I've ever sung would have to be "Home" from The Wiz during a singing competition I competed in last year."



**Brendon DaSilva**

"I've been singing for 13 years, and the experience I had the most connection with was at the South East District Choir, that's where I began to realize how beautiful music truly is."



**Hannah Dutra**

"My favorite piece that I've played so far has been the second movement of Tchaikovsky's, "Symphony No. 2. It's a really beautiful piece, and I loved performing it!"



**Ciarra Hupp**

"I have been playing Flute for six years now. I think my favorite piece we've played was "Adrenaline Engines", or "Dark Adventure".

# TRI-M

Tri-M is Barnstable High School's Music Honor Society. Participating in such events as holiday strolls, music department fundraisers, concerts, etc., Tri-M is an active important part of our musical community. They contribute a lot of community service in the form of assisting with musical performances at the high school, and organizing performances for the public. Members include Ryan Christensen, Delilah DeYoung, Riveren Dubner, Mariana Durango Bedran, Hannah Dutra, Ciarra Hupp, Caralena Lindberg, Azaria Shipman, Alec Pageau, and Keely Touhey.



Six Barnstable students successfully audition for Southeast district senior music festival; Jay Cornwell, Dayanne Nazareth, and Mariana Durango Bedran as Composers and Keely Touhey, Remy Borden, and Brendon DaSilva were accepted into the mixed choir



**Caralena Lindberg**

"This is a hard choice, but some of my favorite pieces I have performed have been "Rainbow Connection" from the Muppets, "900 Miles" and "The Irish Blessing."



**Marcus Lyons**

"I've been playing my instrument for seven years now. My first experience with music was listening to the music my dad used to play whenever he was cooking."



**Ellis Marcel**

"I have been playing trumpet around ten months now. I picked it up for fun in my free time, and two months later I started performing with the Sandwich Town Band."



**Ellie O'Toole**

"The first time I ever acted and really got involved in music when I was around 9 and I started doing the summer theatre with Ed O'Toole"



**Alec Pageau**

"This year marks my 7th year that I've been playing trumpet. I generally listen to metal/rock, but I love all kinds of music, so it is hard to choose a single type as the one I listen to."



**Azaria Shipman**

I never really had a first encounter with music, it's in my family. I've been singing for at least 12 years.



## Orchestra



**Director:** Elijah Langille  
**Seniors:** Hannah Dutra, Yunna Hu

## Concert Chorale



**Director:** Marcia Wytstal  
**Seniors:** Azaria Shipman  
**Teacher Assistants:** Caralena Lindberg & Maryana Crawley

## Band



**Director:** Ian Maguire  
**Seniors:** Ciarra Hupp, Marcus Lyons, Ellis Marcel, Alec Pageau

## Chamber Choir



**Director:** Marcia Wytstal  
**Seniors:** Remy Borden, Maryana Crawley, Brendon DaSilva, Caralena Lindberg, Ellie O'Toole



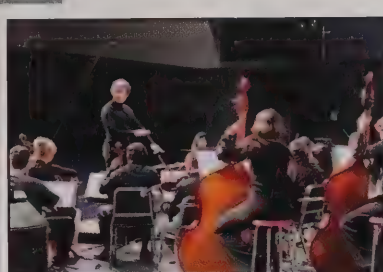
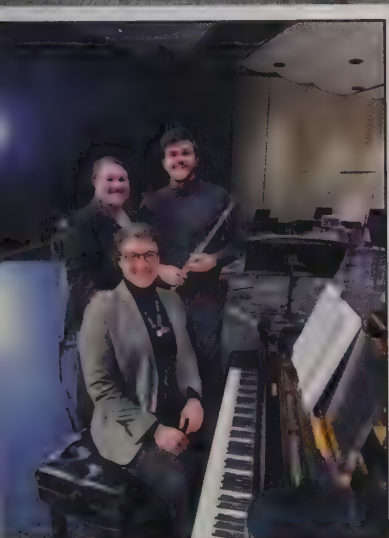
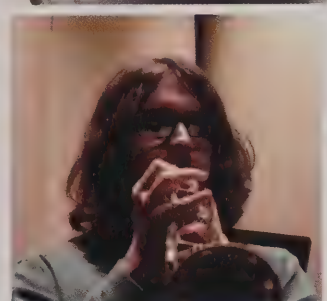
Chamber Choir performs song "Ain't Too Proud to Beg" at a staff meeting to advertise their winter concert, featuring senior soloists Ellie O'Toole, Maryana Crawley, and Brendon DaSilva.



Vocal Jazz and Jazz band perform a joint piece in their 2022 winter concert, featuring Jazz and seniors Ryan Christensen, Hannah Dutra, Jake Kayajan, and Ellis Marcel, and Vocal Jazz seniors Remy Borden, Maryana Crawley, and Ellie O'Toole.



Pep band, featuring seniors Remy Borden, Ciarra Hupp, Ellis Marcel, and Alec Pageau

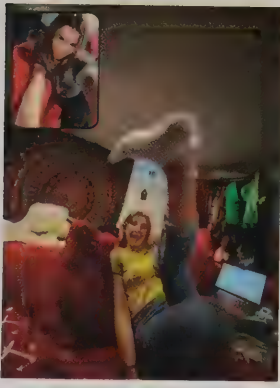


**CONCERT NIGHT**  
Musicians prepare for their 2022 Winter Concert

## On Another Note

Music is one of few things that truly connects everyone, a true equalizer. Music is a part of every human life, it is constantly happening all around us. Keeping music alive in schools gives students a chance to express themselves through a beautiful art, and to form meaningful connections with one another. To perform as a group brings a sense of belonging, to create in this way is something that brings students purpose. Barnstable gives every student the opportunity they deserve, the opportunity to perform and create music. It is truly eye opening to see students from all kinds of backgrounds come together to achieve the same goal; to create as one.

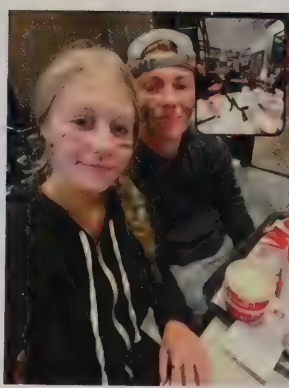




Oona Grace and Molly Hudson take a BeReal while doing their homework and watching movies.



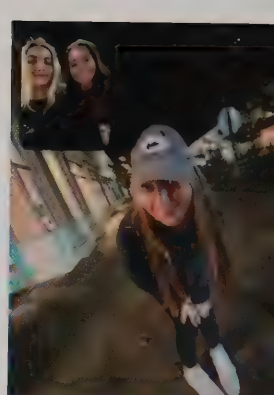
Grace Condinho and Nieve Fromhein take a BeReal of a sunset on their way back from their Cross Country meet on Martha's Vineyard.



Alyssa Svensson and Michael Smith enjoy Chick-Fil-A with their friends after the black out football game.



Elisabeth Baird, Jaye Fedele, and Molly Cahill take their BeReal before sailing practice at the Hyannis Yacht Club.



Maddie Carney, Sara Boumghait, and Caitlyn Marczely stroll around Mashpee Commons and get a Panera.

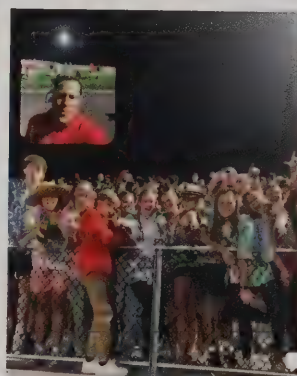
# ! IT'S TIME TO BEREAL !



Bella de Oliveira, AJ Coelho and their friends go out for Ronny's Pizza after the white out football game.



Hannah Framson and Molly Cahill capture a BeReal during a sunset at Cold Storage beach.



Mr. Pyy takes a BeReal of the student section at the Sam Needham Memorial football game.

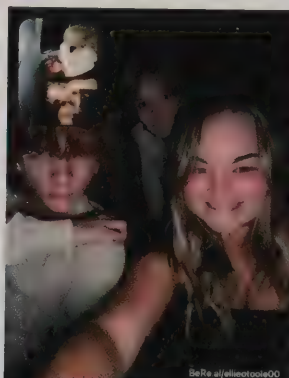


Pawsey and Annie Kennedy take a BeReal while painting their parking spots.

**BeReal** is a social media app that notifies users once a day when it is time to post. When it is time, a notification pops up on each user's phone that reads "Time to BeReal." Users have two minutes to take their BeReal. When the picture is taken, it is captured using both front and back camera, allowing your friends on the app to see you and what you are doing the moment it is time to BeReal.



Natalie Matias and Geovanna Pereira go to Veterans Beach to watch the sunset.



Ellie O'Toole, Aidan McDowell, and Patrick Egan take a BeReal together while hanging in their car.



Jordynn Johnson takes a BeReal with Oona Grace, Hannah Framson, and Mrs. Whidden during yearbook's holiday celebration.



Keegan Farrenkopf and Daniel Botolino attend the USA themed hockey game and snap a photo of Haley Demanche, Grace Condinho, and Lili Luechauer (11).



Jake Kayajan takes a BeReal in Breckenridge, Colorado, while skiing at Breckenridge Ski Resort.



# FASHION FORWARD>>>

## THIRTEEN TOP TRENDS OF THE YEAR

Nike Blazers, originally designed as a basketball shoe, have a low profile and a simple design. This makes them popular for a wide variety of uses.

### Nike Blazers



### Mini UGGs

UGG is a popular shoe brand whose mini version of their warm and comfortable boots have recently come back into style.



### Stacked Hoops



Layered gold hoop earrings are a part of the latest jewelry trend, combining and stacking all styles of hoop earrings together.

### Flare Leggings



These leggings are a closet staple that can be dressed up or down, and are also a part of the athleisure trend.

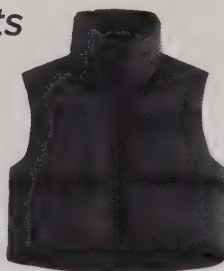
### Layered Gold Necklaces

Stacking different types of delicate gold and silver necklaces is a perfect way to dress up an outfit in a timeless and versatile fashion.



### Puffer Vests

Puffer vests are a great way to add warmth to an outfit while keeping it fashionable. They can be layered over almost anything.



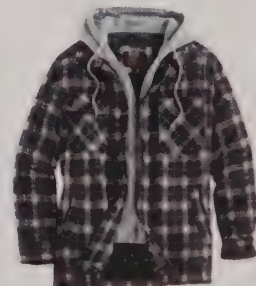
### Shacket

The combination of a shirt and a jacket is a shacket. It offers the warmth of a jacket but looks dressier, and is the perfect way to spruce up an outfit.



### Flannel over Hoodie

One of the best ways to casually dress up an outfit while also staying warm is to add a flannel shirt over your hoodie.



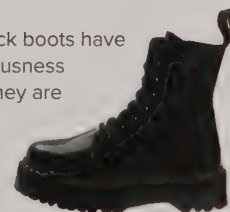
### Claw Clips

This type of hair clip, shaped like a claw, is a quick and easy way to put your hair up in a clean and elegant manner.



### Doc Martens

These iconic lace-up black boots have been a symbol of rebelliousness and style for decades. They are comfortable and are popular among every circle of friends.



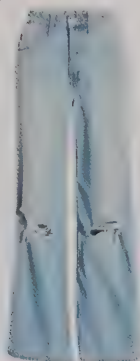
### High Top Platform Converse

Converse have been a fashion trend since the 70s, but have become increasingly popular and are very versatile, as they can be styled with different outfits to match a variety of personalities, or give your outfits a little height.



### Wide Leg Jeans

Wide leg jeans are making a comeback from the 1980s, and are a staple piece in any closet since they can be styled various ways.







Watching you grow into this amazing man has been the joy of my life...



I will always be there for you -  
Love Dad



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**Ryan DeVincent**  
Owner

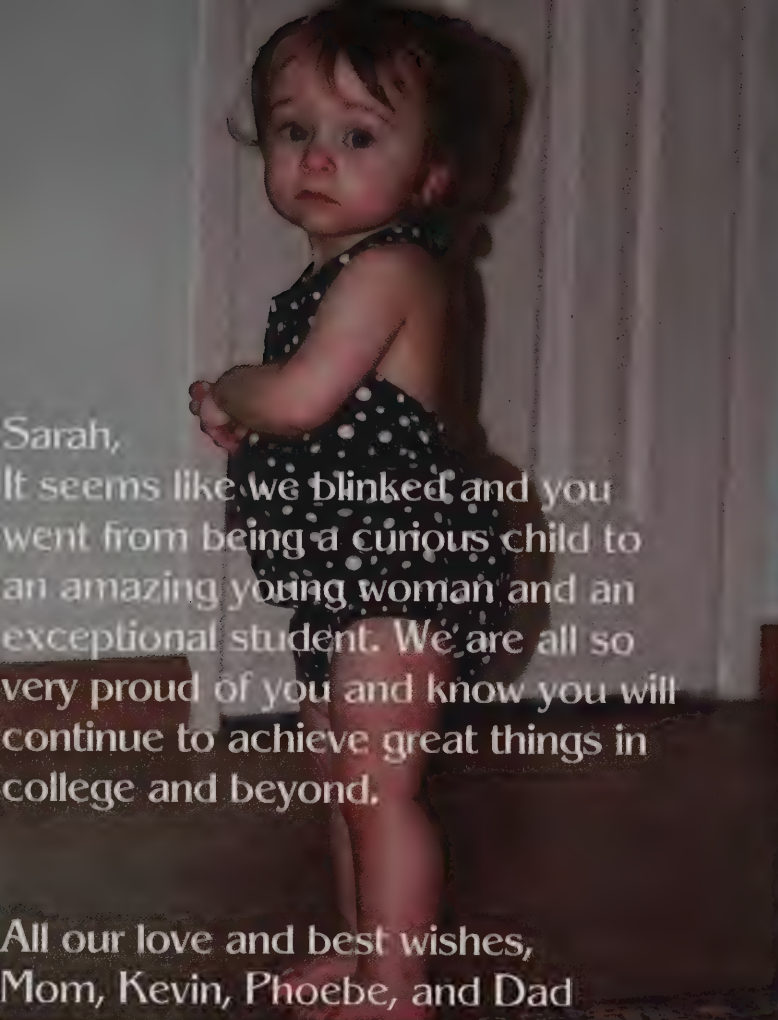
Office: 508.775.1800  
Fax: 508.775.1868



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Hyannis MA 02601

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www.thecarguyscapecod.com





Sarah,  
It seems like we blinked and you went from being a curious child to an amazing young woman and an exceptional student. We are all so very proud of you and know you will continue to achieve great things in college and beyond.

All our love and best wishes,  
Mom, Kevin, Phoebe, and Dad

Congratulations Jake!  
From Preschool Graduation to High School Graduation.  
We are so proud of you!



May you always....

- Stand up for what you believe in
- Continue to lead with compassion and strength
- Give 110% in all you do
- Challenge yourself
- Learn from your mistakes
- Live a life filled with laughter, friendship, and fun



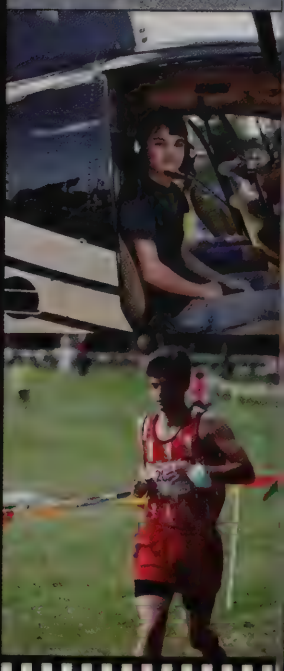
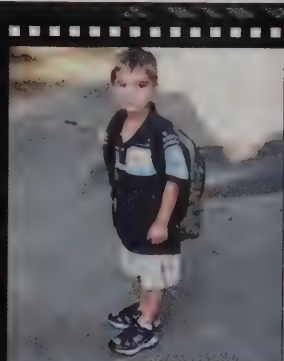
Enjoy the next chapter of your journey. You get to write this story. Each day is a new page.



You did it Molly Rose!!! We are so proud of you! Can't wait to see where your journey takes you! XOXO  
- Love Mom, Dad, Chris, Aidan and Callie

*Nathan*  
**- STANLEY -**  
Congratulations! We are so proud of all you have done, and will do!  
Love, Dad, Mom, Mike, & Josh

*Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary...*  
- Isaiah 40:31



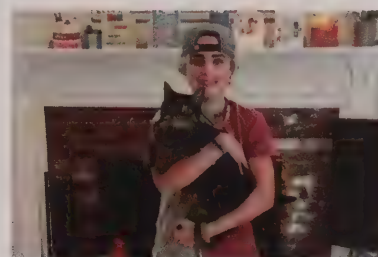
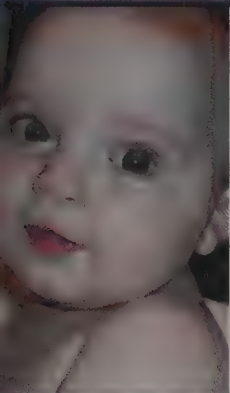




Congratulations Caroline,

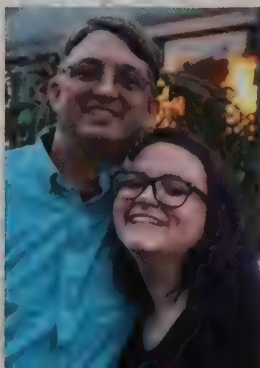
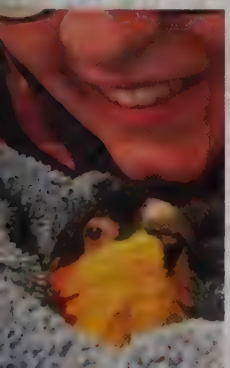
We are so proud of  
you always!!

Love mom & your  
Dance Designs family.

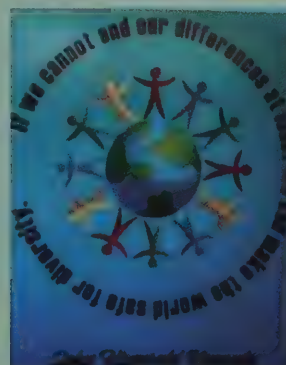


Lily, Congratulations on your high school graduation. We are so proud of you! You are talented, hard working and most importantly a wonderful person! Keep following your dreams! Love Mum, Dad and Issy. xxxx

bbegayle, we are SO proud of the woman you've become and are amazed at the beautiful soul who continues to grow in front of our eyes - you are the best thing that's ever happened to us. You are such a blessing in our lives and we cannot wait to see what the future holds for you. Wherever you go, go with all of your heart! We love you to the moon & back, Gaylie! Love always, Momma and Dad



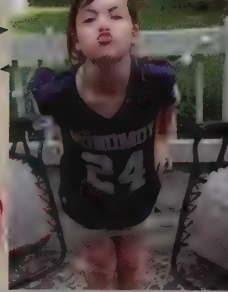
Congratulations Class of 2023!



BE CURIOUS  
& ROCK ON  
AMERICA!

- Ms. Mueller 125

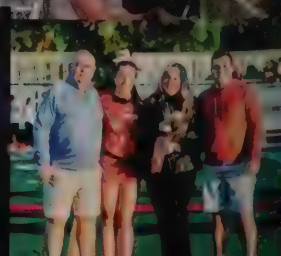




2023

Congratulations  
Haley!

We are so  
proud of you.  
Love you to  
infinity and  
beyond,  
Mom, Dad,  
& Riley  
XXXXXX





# Hats Off to You!



We would like to thank the Class Officers of 2023 for their hard work and dedication for guiding the class through the most challenging high school experience ever. It has been a pleasure working with you and we wish you and the Class of 2023 the best in the years to come and remind you to stop by when life brings you back to the Cape.

To our senior class members of DECA, we know you leave BHS with the all the skills and knowledge to go out and Get The Edge!!



Leticia Amorim  
Alex Arabadzhiev  
Reece Bright  
Cece Brisbois  
Nicholas Buckler  
Molly Cahill  
Anthony Capelle  
Lucas Calozzi  
Jean Criollo  
Catherine Curley  
Jett Doherty  
Lucie Ellis

Madison Maldonado  
Emma Sullivan  
Tianka Taylor  
Aakriti Bindukar  
Jessenia Maldonado  
Isabella Da Rosa  
Liam Doyle  
Elisabeth Baird  
Juliana Hamelburg  
Micah Leary  
Jake Mooney  
Ellis Marcel

Michael Smith  
Nimra Asim  
Dominic Ford  
Jake Kayajan  
Owen O'Connor  
Jaye Fedele  
Lindsay Jones  
Anne Kennedy  
Heloisa Araujo  
Leila Pereira  
Leonardo Sturion  
Anna Victoria Da Silva

CONGRATULATIONS,  
--MR. JANSEN & MRS. MAURICE





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**LIZ**

*congratulations*

STRONG ✓

KIND ✓✓

SENSE OF HUMOR ✓✓✓

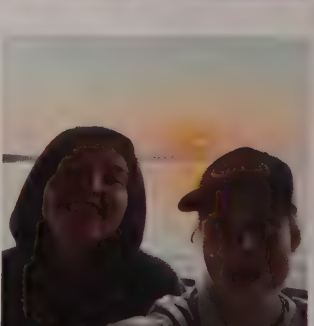
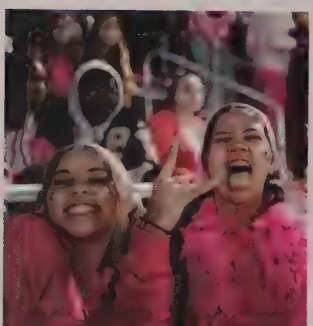
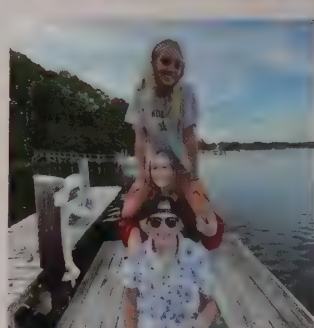
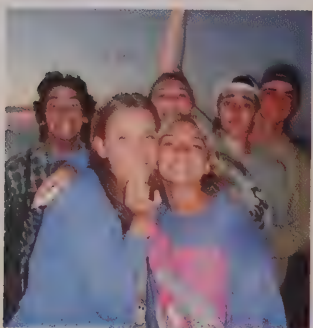
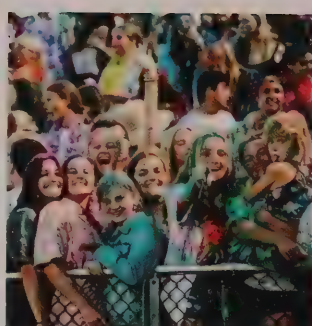
GO BE YOU!

*(Just be home by 11.  
And, you know, the usual.)*

*Love, your (very) proud parents,  
Michael, and the beasts*









# Congratulations Class of 2023!



[bal4.tv/82c00512](https://bal4.tv/82c00512)

Scan QR code for more senior  
memories!

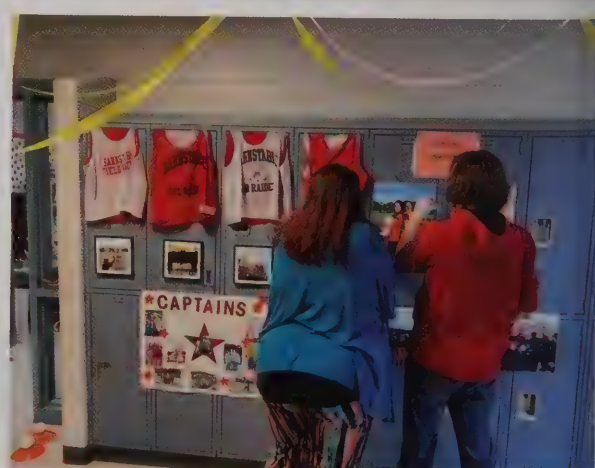




Lucas Catozzi and Liz Rodolakis show their green spirit on St. Patrick's Day.



Teachers and administration compete in an intense game of Tug of War against junior and senior students.



Ciara Hupp and Eamon Welch-Viens decorate the 1200 hallway with lacrosse gear.





Mr. Shea, Annabelle Kane, Emma Sullivan, Rose Bancroft, Lindsay Jones, and Mr. Jansen perform "Since You've Been Gone" by Kelly Clarkson during karaoke.

Seniors smile during Barnstable's first field day as they cheer on friends and faculty playing dodgeball and basketball in the gym.

Maryana Crawley and Sigourney Ebanks wear matching pink tops, brown cardigans, jeans, and white sneakers on Twin Day.



# spring moments

As spring begins to approach, our senior year begins to come to an end. As the temperature begins to rise, and the flowers begin to bloom, we grow more and more eager to graduate. The days begin to get longer and the sun begins to set later. Spring is without a doubt, the most exciting time of the school year. With many fun events planned such as prom, the fashion show, senior spirit week, the spring musical, the senior class trip, and more, we grow closer and closer together as a class. From the time we were in kindergarten, to the moment we became seniors, we have spent countless hours making numerous amount of memories together. Though we are eager to discover what life has in store for us beyond high school, we must remember to take the time to enjoy the rest of our senior year. Before we go our separate ways, it is important to cherish these beautiful spring moments together while we can.





# Flower Shopping

Hannah Franson goes shopping for some spring flowers at Trader Joes in Hyannis.







**Hannah Framson** walks on Sandy Neck during a low tide sunset.



**Jilly Stringer** captures the pretty summer sunset one night at Dowses Beach.



**Mya Vargas** and **Julia Homem** enjoy a picnic at their favorite Cotuit Beach.

Sandy Neck Beach,  
West Barnstable



Millway Beach,  
Barnstable



Old Silver Beach,  
Falmouth



Nobska Beach,



The Point,  
Provincetown



The Beachcomber,  
Wellfleet



Gray's Beach,  
Yarmouth Port



Mayflower Beach,  
Dennis



A glimpse at many of the beautiful beaches we have here on Cape Cod, from Wood's Hole to Wellfleet.

These beaches have been a significant part of our high school experience, and the memories we have made at them will stay with us forever.

bye bye

b e a c h e s



Dowses Beach,  
Osterville



Craigville Beach,  
Centerville



Bass Hole Boardwalk,  
Yarmouth Port





Pistachio Pesto pizza from Pizza Barbone

# SNACK ATTACK

*Students share the favorite places to get a slice of pie on Cape Cod.*

**Michael Mendes**

"Chicken and bacon pizza with a bbq base and a bbq drizzle from Mike's Pizza"

**Latavia Thompson**

"Domino's bbq sauce light pineapple extra cheese pizza with chicken on top"

**Mackenzie Vettori**

"Truffle fry pizza from Crisp"

**Olivia Edmonson**

"Papa John's spinach pizza with extra cheese"

**Ben Pospisil**

"Meatball pizza from Pizza Shark in Harwich"

**Kalel Palazzolo**

"Barbeque chicken pizza from Palios"

## SPILL THE beans

*Seniors share their unique coffee orders and favorite coffee spots when they are in need of a quick pick me up.*



"Minty Lou from Marylou's"  
- Ava Rolfe



"Iced vanilla swirl with cream from Dunkin'"  
- Caroline DeFeudis



"Large iced coffee with oat milk and caramel from Nirvana"  
- Annie Kennedy



"Venti oat milk shaken espresso with extra cinnamon and caramel syrup from Starbucks"  
- Louann Moss



## GAS STATION SNACKS

Seniors are asked what their go-to gas station snacks are.



"Cheddar Sun Chips"  
- Henry Nelson



"S'mores Pop Tarts"  
- Brian Huerta



"Planters Nuts and Chocolate Trail Mix"  
- Jake Kayajan



"Airhead Extreme Sour Filled Bites"  
- Jaye Fedele



"Skittles, Sour Patch Watermelon and a Red Bull"  
- Sarah Alves



"Snyder's Honey Mustard Pretzels"  
- Garrett Sheehan

## SCOOP, THERE IT IS

Students share the favorite ice cream orders.



**Lorena Dos Santos**  
"An acai bowl from gone chocolate"



**Nieve Fromhein**  
"An Oreo blizzard from Partee Freeze"



**Tianka Taylor**  
"Vanilla with rainbow sprinkles from Katie's"



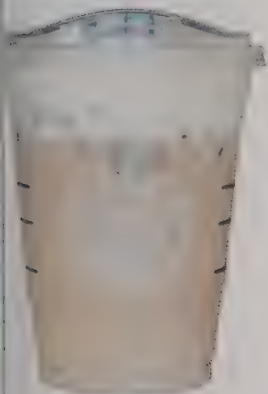
**Keira Zimmerman**  
"A chocolate and vanilla swirl with Oreo pieces from Dairy Queen"



**Molly Kenney**  
"Sea salt caramel truffle with hot fudge and whipped cream from Jimmie's"



**Zaria Tobey**  
"Pleasant Bay Peanut Butter from Cape Cod Creamery"



"Chai tea latte with cold foam from Starbucks"  
- Sabrina Souza



"Hometown Hero from Hometown Juice"  
- Kaila Shea



"Iced Black Coffee from Amie Bakery"  
- Liz Rodolakis

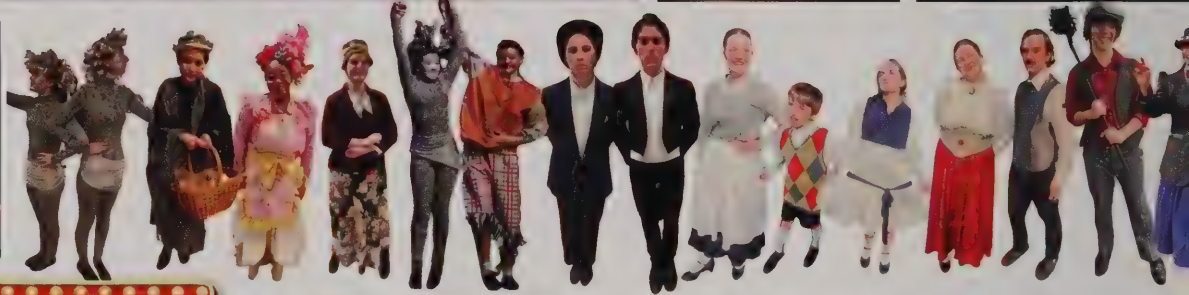


"Cappuccino from King's Coffee House"  
- Ellis Marcell





Photos by: Brianna Br...

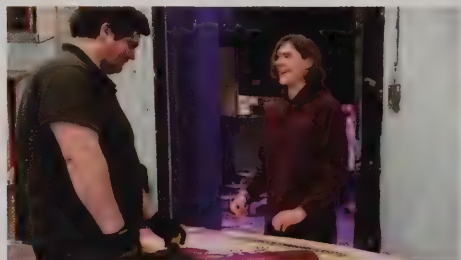


## The staff that made this possible

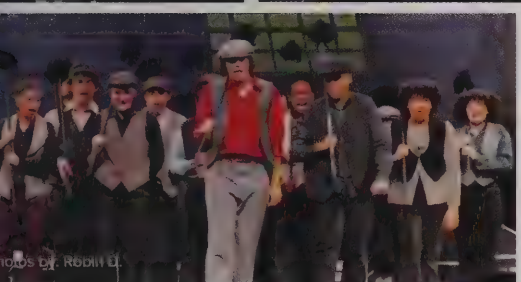
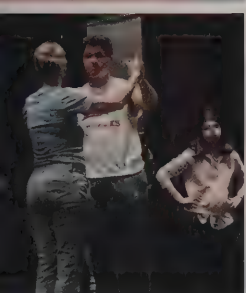
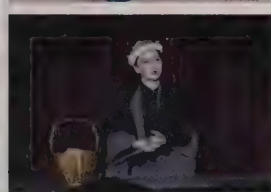


Everyone at BHSDC is so grateful for the hard work and dedication these individuals have always given towards the drama club.

For putting up with the headaches and kicklines  
From the bottom of everyone's hearts: Thank you!





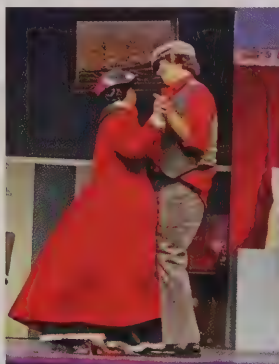


# it's a jolly holiday

BHSDC performs Disney and Cameron Mackintosh's *Mary Poppins*

In this whimsical adaption of the *Mary Poppins* movie, BHSDC performed two weekends of this magical musical. Not only was this 2023 seniors last show, it also introduced new members to our drama club's resurgence. This show featured a variety of teachers and school staff members including Mrs. Bath, Ms. Lariviere, Mrs. Styche, Ms. Wytrwal, Mr. Mulgrew, and Officer Stampf. Queen Victoria was played by our very own Mrs. Bergonzi and Mrs. Whidden, with a guest appearance from our superintendent, Mrs. Sara Ahern.

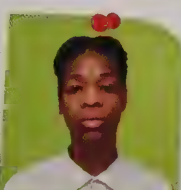
Take a look at the 'behind the scenes photos for a glimpse into a Drama club performance!



Rose Dibb

What's the best gift you've received after a show? Flowers from friends  
Who was your favorite character in the show? Bert  
What's your hidden talent? Jump rope tricks!

What's the best gift you've received after a show? A certificate  
Who was your favorite character in the show? My statue character  
What's your hidden talent? I make and produce music by myself.



Azaria Shipman



Julia Homem

What's the best gift you've received after a show? Hugs and flowers  
Who was your favorite character in the show? Bert  
What's your hidden talent? I don't know any that I have any.

What's the best gift you've received after a show? Praise  
Who was your favorite character in the show? Mary Poppins  
What's your hidden talent? I love playing badminton



Caralena Lindberg



Brendon DaSilva

What's the best gift you've received after a show? Chocolate bar  
Who was your favorite character in the show? Bert  
What's your hidden talent? I can cook

What's the best gift you've received after a show? A Squishmallow  
Who was your favorite character in the show? Mrs. Brill and Robertson Aye  
What's your hidden talent? I can walk through Disneyland blindfolded



Ellie O'Toole



Maryana Crawley

What's the best gift you've received after a show? Flowers and Mcdoanld's  
Who was your favorite character in the show? Winifred or Mary Poppins  
What's your hidden talent? My hidden talent is being delusional!

What's the best gift you've received after a show? Tiki Port  
Who was your favorite character in the show? Robertson Aye  
What's your hidden talent? I am an immortal time traveler



Aidan McDowell



Remy Borden

What's the best gift you've received after a show? Flowers  
Who was your favorite character in the show? Winifred  
What's your hidden talent? I don't think I have one

What's the best gift you've received after a show? A pot  
Who was your favorite character in the show? The park keeper  
What's your hidden talent? I can do a realistic baby cry



Sophie Mendoza



Sage Touhey

What's the best gift you've received after a show? Chocolates!  
Who was your favorite character in the show? Bert  
What's your hidden talent? I can bend my fingers 92 degrees back

What's the best gift you've received after a show? A set piece I took and got everyone to sign  
Who was your favorite character in the show? Northbrook  
What's your hidden talent? I can fit my fingers under my collar

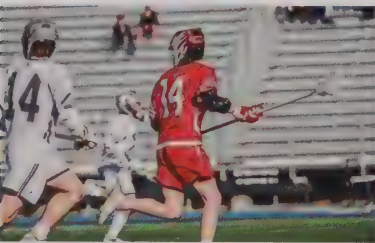


Eamon Welch-Viens



# THE

# FINAL score



## CAPTAINS



Left to Right: Doug Carr, Owen O'Connor, Jett Doherty, and Ian Galvin

*The boys lacrosse team honors a fallen former team mate and gives the spring season their all.*



## striking SENIORS

A. I love to play poker.

B. I can draw portraits of people.

C. I love to cook.

D. I am from Ireland.

E. I work as a ski/snowboard instructor in the winter.

F. I own a hamster.

G. I have no bellybutton.

H. I am really personable once you get to know me.

Match who you think each fun fact belongs to! Answers are at the bottom of this page!



**Owen O'Connor**



**Ian Galvin**



**Ben Leach**



**Hogan Corona**



**Micah Leary**



**Jett Doherty**



**Jake Kayaian**



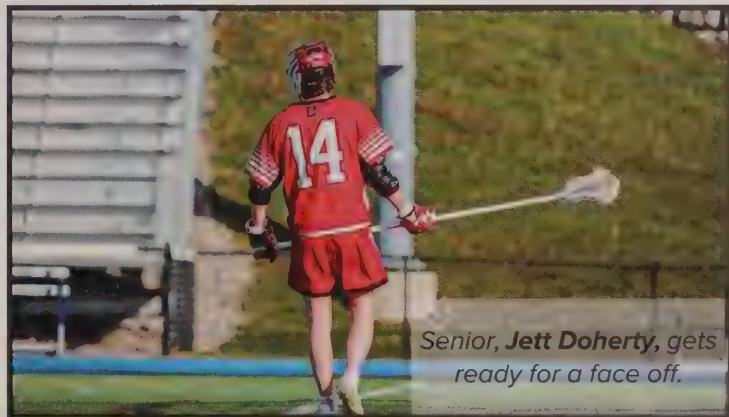
**Reece Bright**





## The Boys Varsity Lacrosse Team

The 2023 lacrosse seniors get started for their last season at the high school. Coach Flynn (V) and Coach Dumas (JV) are taking part of this exciting ride this season. The team is off to a great start by winning their first game of the season against Plymouth North. These eight senior athletes are getting ready to say their goodbyes to their teammates, coaches, and everyone who helped them along the way as their season wraps up.



Senior, **Jett Doherty**, gets ready for a face off.



As the 2023 varsity boys lacrosse season begins, the team honors the life of their former teammate Sam Needham. Sam had an incredible impact on his family, friends, and lacrosse team. The boys will wear new memorial jerseys during their game dedicated to Sam on **May 12, 2023**. They will continue to celebrate the legacy he left on the Barnstable community throughout their season.



# LIVE LAX

## love

The girls lacrosse team heads for the net.

S  
E  
N  
I  
O  
R  
S



Senior team manager, **Elizabeth Rodolakis**, (far right) is excited to help out wherever she can on this year's team. Liz played lacrosse previously for the high school, but decided to take a step back this season to see the sport from a different perspective. The team appreciates Elizabeth for all her help! this spring season.

## Star Seniors

What is something random in your lacrosse bag you couldn't live without?

**Pawsey**



"Face paint so I can put on big triangles for games."

**Grace Bunnell**



"Bio Freeze and KT Tape to prevent injuries."

**Annie Kennedy**



"iPad for music on the bus rides."

**Annabelle Kane**



"A karaoke microphone so the team can sing on the bus rides"

**Lindsay Jones**



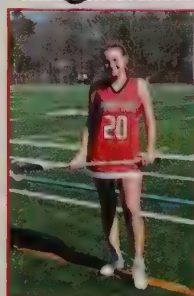
"A toothbrush, so I can clean off my mouth guard if it falls on the ground"

**CeCe Brisbois**



"Goldfish because I love to snack."

**Margaret Maki**



"Hair elastics because I always forget them."

**Sam Desrocher**



"A blanket because I am always cold."

**Grace Condinho**



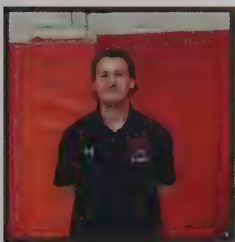
"Extra string in case I need to fix the net for my stick."





Senior, **Annie Kennedy** going for the goal during a game on the turf.

## Coach Deane

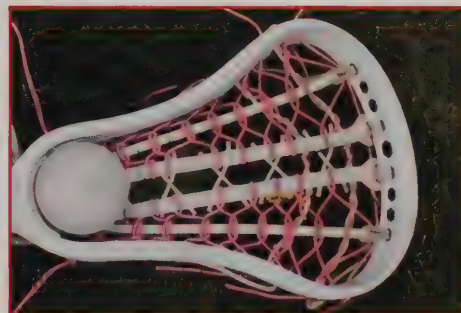


The girls lacrosse team is coming in full steam ahead with a new coach, Coach Deane. Coach Deane is excited and ready to dominate this season with 40 athletes ready to get to work. With nine seniors graduating this year, who are ready to give it their all one last time.

## The Girls Lacrosse Team



The seniors heading to one of their final practices before their first game of the season.





# COVERING NEW *ground*

*Boys baseball enters their season in full swing*

## SENIOR ROSTER

COLEY BUCKLER



#19  
PITCHER

SAM COLESANO



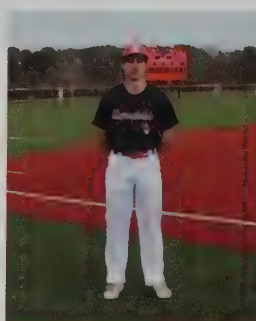
#6  
2ND BASE

VINCENT  
DIGIACOMO



#22  
1ST BASE

JAKE MOONEY



#3  
3RD BASE

SHEA SEMPRINI



#18  
CENTERFIELD

## STEPPING UP TO THE *plate*







The 2023 boys varsity baseball team has a lineup of five seniors who have all made major contributions to the program throughout their time at Barnstable, Coley Buckler, Sam Colesano, Vinny DiGiacomo, Jake Mooney, and Shea Semprini lead the charge as captains this season. As the team gets ready to face a tough schedule, they kick the season off at home against Bridgewater-Raynham. This spring will be one of new dynamics as head coach Rick Avalia joins the team for his first year coaching Barnstable. This year's group of senior athletes will say their goodbyes to the program and leave big shoes to fill in coming years.



*The seniors and coaches pose for a group photo*

## 2023 SENIORS AND COACHES



*The varsity team gets together for a full team picture*

## 2023 VARSITY TEAM

Designed by Jordynn Johnson  
Photos by Ashley Walantis



# NO STRIKE Zone

*Girls enter their softball season ready to strike their opponents*

## 2023 Girls Varsity Softball Team



*The Coaches smile for a photo before their game against Nauset.*



*Isabelle Wagner steps up to throw.*



*Ava Rolfe plays as catcher against Upper Cape Tech.*

## SENIOR STORIES:

### Ava Rolfe



*Ava has played for a total of five years. Her position on the team is catcher. Ava's favorite thing about softball is the team and how everyone is so accepting and fun to be around no matter what happens during a game.*

### Estella Wagner



*Estella has been playing softball since she was six years old. Her position is center field. Estella's favorite thing about softball is the people on the team.*

### Isabelle Wagner



*Isabelle has been playing softball since she was six years old. Her position is the pitcher and a favorite thing about softball of hers is striking people out.*

### Danica Vernet



*Danica started playing softball her eighth grade year, so this is her fifth year and senior season. She played outfield positions back when she first started but she shifted towards first base. Danica's favorite thing about softball would definitely be the community. No matter what girls tryout, who stays and who goes she is always able to find community within her teammates. It's definitely something that she looks forward to each time spring rolls around.*



# YOU'VE BEEN *served*

*The boys volleyball team dives into their season.*



This season the boys volleyball team excelled through practices, teamwork, and overall effective communication. The three coaches helped guide these hard working boys to a successful season. As the season winds down the boys get ready to say goodbye to, two seniors: Brendon DaSilva and Luc-Andre Sader.

## SENIOR SPOTLIGHT: SENIOR SPOTLIGHT:

*"Certain friends  
are like shadows,  
when the clouds  
come, they  
disappear."*



**Senior Captain:**  
**Brendon DaSilva**  
**#1**

**Senior:**  
**Luc-Andre Sader**  
**#32**

*"Stay optimistic  
and just be happy."*

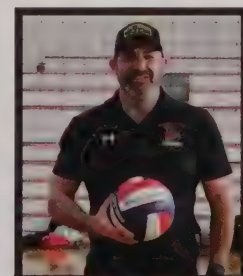
## C A P T A I N S



**Nik Brancaccio**  
**#35**

**Brendon DaSilva**  
**#1**

**Hunter Parent**  
**#9**



## COACHES



# FORE the WIN

*The young girls golf team puts in the effort.*

## The Girls Golf Team

*This year's girls golf team is small but mighty with some young and upcoming talent. This team is ready to come together and work hard to come out on top, with their veteran coach, Coach Mark Titus.*



*Junior, **Ryley King**, practicing on the driving range using her iron.*



*Coach Titus shows his pride for the team with his Red Hawks hat.*



*The team heads off to hole one of Olde Barnstable Fairgrounds to practice before their first match against Monomoy.*



*Coach Titus assists freshman, **Megan Garthee**, with her swing.*

*Freshman, **Briah Uhlman**, with a beautiful drive.*





# SAIL

*away*

# 4 WITH

*me*

*This year's sailing team is prepared to take to sea.*



*Throwback to junior year with **Molly Cahill**, **Jaye Fedele**, and **Jordynn Johnson** sailing in Lewis Bay.*



***Jordynn Johnson**, **Jeremy Bullock**, and **Molly Cahill** smile on the shore.*



*Members of the sailing team pose for a fun photo before heading out to sea.*

## **The Sailing Team**

Senior captains **Molly Cahill** and **Jordynn Johnson** smiling as they go off to sail.

**WHAT IS  
YOUR  
FAVORITE  
SAILING  
MEMORY?**



**Molly Cahill**

*"The friendships we make and the warm days on the water."*



**Jordynn Johnson**

*"The bond I have made over the past few years with the team."*



**Hannah Jensen**

*"The one time I watched a seagull choke on a lady's bread and died."*



*This year's sailing team is equipped for a successful season. It won't be easy with a tough schedule ahead of them, but they are up for the challenge.*



# ONE track MIND

senior  
**Line Up:**

*The Boys & Girls track teams run into an incredible season*

## 2023 Girls Varsity Track Senior Captains

**Renna Kingsbury**



*"I would say a fun fact not a lot of people know about me is that I want to learn as many languages as I can."*

**Latavia Thompson**



*"I think a fun fact not a lot of people know about me is that I love going for runs in nature."*

**Lille Ells**



*"I like to watch the sunrise with my friends or family."*

**Joslin Cabral**



*"I enjoy going on hikes and last Spring Track season I medaled at states in discus."*



*The senior girls Joslin Cabral, Latavia Thompson, Renna Kingsbury, and Lille Ells run one of their final laps together wearing red.*

## 2023 Girls Varsity Track Team



*The girls spring track team smile for a team photo as they get ready to say goodbye to their four seniors.*



*The girls jump over hurdles and beat Nauset.*



*The girls sprint to the finish line to beat Nauset.*

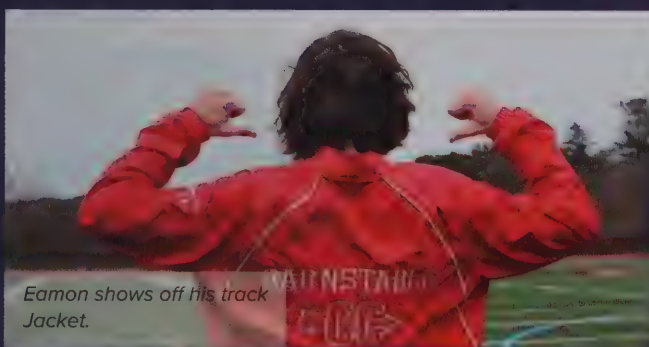




Jaxson runs a warm up lap.



The Captains pose for a photo.



Eamon shows off his track Jacket.



Coach Brianna smiles for a photo.



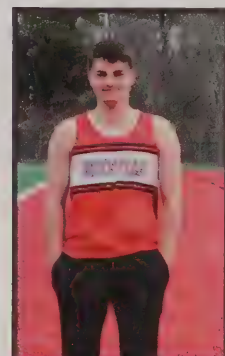
Casey shows off his custom hoodie.



Harry poses for a pic.

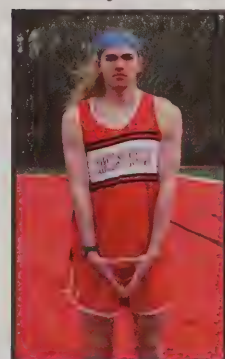
## Fun Senior Facts

**Nathan Stanley**



"I take flight lessons to work on my private pilot license."

**Casey Holland**



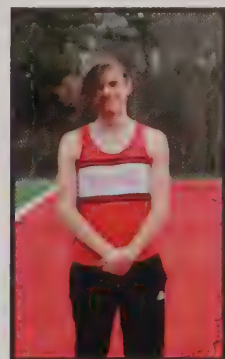
"I have different size feet, by half a size."

## 2023 Boys Varsity Track Team



The boys spring track team smile for a group photo as they get ready to say goodbye to their three seniors.

**Eamon Welch-Viens**



"I don't have an appendix."



# IN FULL swing

Boys tennis team swings through the spring season, graduating three seniors.



**BOYS TENNIS SENIORS**

Under guidance of seniors Alex Arabadzhiev, Kyler Mederios, David Perry, and head coach Michael Sarney the 2023 boys tennis team sets up for quite the season. This year tennis will challenge themselves and opponents as they play this spring. With powerful players from all grades, the team is excited to expand their horizons at each match. The team opens the season with a 2-0 record, winning against Brockton High School and Bridgewater Raynham. As the seniors compete in their final season with Barnstable, they will leave a lasting impact on the team for years to come.

## SENIOR SUMMARIES:

### DAVID PERRY:



"I have been playing tennis for two years now. The best part about being on the team is being friends with Thomas Berger."

### ALEX ARABADZHIEV:



"I started playing tennis at the age of four with my dad. I have played on Barnstable since my 8th grade year on Varsity. My favorite part is the sense of camaraderie and team spirit that we share. We work hard together, support each other during matches, and celebrate each other's victories. Every match is a challenge, and it's exciting to see how my skills and strategies match up against my opponents."

### KYLER MEDERIOS:



"I have been playing tennis since I was eight years old. I love playing tennis because it gives me happiness to improve my game every single day."



# MEET YOUR match

*Girls tennis team makes a racket  
in their 2023 season*



**SENIOR**  
**NIEVE FROMHEIN**



**SENIOR**  
**HANNAH ALICE DUTRA**



**SENIOR**  
**MARIA CRUZ**



**2023 CAPTAINS**

## **VARSITY GIRLS TENNIS**



*Varsity girls tennis smile for a team picture*

*The 2023 girls tennis season kicks off with seniors Maria Cruz, Hannah Alice Dutra, Nieve Fromhein and junior captain Isodora Brandao leading the way. This season also welcomes the new head coach Mary-jo Pierpont to the team. Under new coaching, the girls work towards many successful matches this season. The coaches and seniors aim to further their younger talent on the team throughout the spring. As the season progresses, the seniors wrap up their time with BHS tennis and leave behind a major impact for future athletes to look up to.*



# Great minds think alike



**Chess Club** Advisor: Jen Brown

Alden Scichilone, Alex McGrath, Colby Hadfield, Elijah Greenburg, Emerald Joseph, Evan Pierce, Jeremy Bird, Justin Welninske, Manny Rivera, Nikolas Paula, Nyel Pina, Oliver morrison, Riley Griffin-Bailey, Tafari James

Barnstable prides itself on its teamwork, creativity, and helping out those in need. We have a wide range of extra curricular activities for all students to enjoy. From Robotics to Book club, these clubs give students a creative outlet to let them express themselves in unique and productive ways.

*You will find the members of each club below their photo. Please be aware that some students were absent when the photo was taken*



**Vex Robotics** Advisor: Susan West

Alexander Marichal , Camilo Correa Builtrago , Carter Hickey , Colin Shearly , Dayanne Nazareth, Hannah Dutra, Kaily Dvorak, Kashmar Betty, Kaylee McFarlane, Krum Reed-VanLeeuwen, Mayara Nakagawa, Nicholas Kokosinki, Nikolas Lyons



**Jazz Band** Advisor: Ian Magurie

Az Morassi, Ellis Marccel, Hannah Dutra, Jake Kayajan, Jay Cornwall, Jonah Izzo, Mariana Durango Bedran, Mikhail Malcolm, Nicholas Kokosinski, Rlver Dubner, Rowan Cammarano, Ryan Christiansen, William Penni



**Key Club** Advisor: Fadner Pierre

Alyssa Svensson, Eleanor O'Toole, Evan Fishback , Garrett Sheehan, Geovanna Pereira, Hannah Framson, Jake Kayajan, Jaye Fedele, Jordynn Johnson, Keegan Farrenkopf, Lexy hunter, Lucie Ells, lucy richard, Molly Cahill, Rose Bancroft, Thainara Costa



**Junior Classical League** Advisor: Victoria Miklosky

Brenna Mullin, Mila Valentine, Riveren Dubner, Jack Bertling, Eamon Welch-Viens, Nik Lyons, Nelson Andrews, Asaph Afonso, Richie Taylor, Michael Brown, Will Penni, Elaina Dunson, Amelia Van Buren, Henry Richardson





**Military Support Club** Advisor: Valerie Lahteine

Aden Mehta, Alyssa McDowell, Ana Aninha, Andrew Harmon, Camrynn Johnson, Chase Field, Chloe Egan, Connor Cattabriga, Doug Carr, Ella Kostovick, Grace Condinho, Hannah Framson, Jaxson Merrill, Jordynn Johnson, Kyle Cogswell, Lexy Hunter, Lilli Leuchauer, Luc-Andre Sader, Luke Harmon, Merlin Baez-Baez, Molly Cahill, Owen Jones, Penny Baroni, Sara Boumghait, Sophia Morin, Sumina Parajuli, Yasmin Dasilva



**Chinese Honors Society** Advisor: Bo Wu

Ava Shea, Coling Shearly, Daniel Ivanov, Dayanne Nazareth, Grace Curley, Ian Mulcahy, Jake Kayajan, Laina Nickerson, Lillie Burke, Maddie Crosson, Margaret Doherty, Margaret Maki, Mla Oberlander, Molly Fredo, Nimra Asim, Ryan Christensen, Sabrina Souza, Shelby Locascio, Sloane Contrino



**Mu Alpha Theta** Advisor: Carol Chamberlain and Marlo George

Alex Arabadzhev, Ava Roife, Brian HT, Caitlyn Marczy, Catherine Curley, Evan Fishback, Garrett Sheehan, Hannah Dutra, Henry Nelson, John Kayajan, Jordynn Jognson, Keegan Farrenkopf, Luc-Andre Sader, Lucy Komar, Maria Cruz, Molly Cahill, Molly Hudson, Nathan Ryan, Nathan Stanley, Nelson Andrew, Nieve Fromhein, Nik Lyons, Renna Kingsbury, Ryan Christensen, Sara Boumghait, Sarah Harper, Sgourney Ebanks, Thainara Costa, Vivian Nguyen, William Robke, Yunna Hu, Zoe Hughes



**French Honors Society** Advisor: Fadner Pierre

Alec Pageau, Alice Hannah Dutra, Caralena Lindberg, Cecelia Brisbois, Danica Vernet, Ellie O'Toole, Jean Criolo, Micheal Higginbottom, Renna Kingsbury, Zoe Hughes



**BHS Pep Band** Advisor: Ian Maguire

Alex McGrath, Andrew Coombs, Audrey Gonzalez, Ciarra Hupp, Ellis Marcel, Gidget Steinhilber, Hannah Dutra, Jonah Izzo, Josh Warren, Mayte Dutra, Queue Borden, Remy Borden, River Dubner, Rowen Cammarano, Tyler Gayton



**Spanish Honors Society** Advisor: Amy Semanscin

Alex Arabadzhev, Alex Marichal, Alexa McKeen, Amanda Coutinho, Amber Fena, Angelis EC, Benda de Medeiros, Brain HT, Bryanna Putnam, Ella Kostovick, Eric Arabadzhev, Gabe Pichardo, Julia Magalhaes, Kellen Da Silva, Kemelly Rodrigues, Kenzie Vettori, Liam Fishback, Malia Johnson, Raven Rice, Renee Montcalm, Riley Croteau, Ryan Field, Ryley King, Sara Ormston, Sofia Tymchysyn, Sydney Thomas, Tianka Taylor





**Jesus Club** Advisor: Kim Clarkson, Pamela Peek

Seniors: Anna Julia Coelho, Carolina Esser, Isabella De Oliveira, Nicole Costa, Rayssa Lima

*this is Barnstable's first student- run club*



**Student Ambassadors** Advisor: Alexis Meagher

Caroline Cogswell, Chozen Bell, Haley Demanche, Hallie Judge, Jhulia Verdeiro, Kayla Grady, Kylie Yadisernia, Lylah Crawley, Madyn Field, Power Mendes, Ronell Armstrong, Samantha Judge, Sarah Alves, Teagan Geraghty



**GSA** Advisor: Randi Gallerani

Angelis Edwards-Connelly, Azriel Morassi, Jordan Thibeau, Keely Touhey, Laycey Stanley, Olivia Cammarano, Raven Rice, Wes Oliveira



**Ultimate Frisbee** Advisor: Jeremy Shea

Aiden Schichilone, Anthony Capelle, Ava Rolfe, Brian HT, Connor O'Reilly, Eamon WV, Jeremy Bullock, Laik O'Reilly, Luc-Andre Sader, Lucas Catozzi, Lucy Komar, Marco Simonelli, Micheal Higgenbotham, Micheal Mendes, Nathan Brown, Nathan Stanley, Owen tuepker, Rose Dibb, Thomas Berger, Vincent Digiacomo



**Model United Nations** Advisor: Hilary Mueller

Nelson Andrews, Alex Arabadzhiev, Eric Arabadzhiev, itor Coelho, Mariana Durango Bedran, Violet Peters, Ethan Sonnabend, Tiana Taylor



**Class of 2026** Advisor: Jennifer Holland

Callie Jo Calla, Kyla Balestri, Victoria Dinn, Vitor Coelho





**Fashion Club** Advisor: Aimee Butterfield

Abbegayle Talbot, Abbey Sylvester, Anna Victoria Da Silva, Chiara Scibelli, Grey Smith, Heloisa Araujo, Isabella Da Rosa, Isadora Brandao,, Jahsent Whilby, Juleidy Alvarez, Kianna Hicks, Latavia Thompson, Lili Nguyen, Liz Rodolakis, Matthew Brancaccio, Miguel Munoz, Natalie Matias, Renato De Souza, Sarah Harper



**Mock Trial** Advisor: Jennifer Holland, Bruce Colwell

Addison Otto, Asaph Afonso, Brenden Wojkowski, Colin Shearley, Gidget Steinhilber, Julia Nazareth, London Williams, Lucy Komar, Mariana Durango Bedran, Mia Oberlander, Morgan Mueller, Ryan Christensen, Vitor Coelho, Xavi Villejo



**DECA** Advisor: Brent Jansen

Sloane Contrino, Alex Arabadzhiev, Eric Arabadzhiev, Emma Sullivan, Sophie Anderson, Owen Jones, Tianka Taylor, Carly Steenstra, Brendan Wojkowski



**Vocal Jazz Ensemble** Advisor: Marcia Wytral

Clara Nunes, Delilah DeYoung, Gracelin Roughneen, Izabela de Assis, Kaylee MacFarlane, Keely Touhey, Laik O'Reilly, Martina Ibarra Suarez, Maryana Crawley, Narian Turner, Olivia Thompson, Queue Borden, Remy Borden, Ryan Field, Sulan Rodriguez



**B2BTV Club** Advisor: Adam Farrell

Henry Richardson, Jay Cornwall, Kianna Hicks, Manny Rivera, Ryan Bradley, Terrence Stoddard





**Philosophy Club Advisor: Fadner Pierre**

Aidan McDowell, Ava Lubash, Callie Jo Calla, Eric Arabadzhev,  
Hannah Jensen, Isaac Hill, Jay Cornwall, Jeremy Bullock,  
Lillie Ells, Lily Bunker, Lily Pawsey, Luc-Andre Sader, Lucie Ells,  
Lucille Komar, Nia Upchurch, Nicole de Souza,  
Penelope Clifford, Renna Kingsbury, Sam S, Sara Boumghait,  
Vitor Coelho, Zoe Hughes



**Recycling Club Advisor: Jon Watson**

Cullen Creedon, David Story, Jacob Blackington, Noah Norman



**Insight Advisor: Michele Netto**

Dan Botolino, Cece Brisbois, Kenzie Vettori, Michael Mendes,  
Rose Dibb, Evan Fishback, Payton Gordon-Reznar,  
Elaina Dunson, Riley Croteau, Abby Sylvester



**Photography Club Advisor: Adam Farrell**

Adam Forrest, Amara Falletti, Amoya Lawrence, Andrew Ryan,  
Camoya McGregor, Cenzi Corbelius, Demarcus Black,  
Emily Thompson, Hailey Fink, Isabella Enos, Manny Rivera,  
Nahla Falletti, Naomi James, Shristi Parajuli, Tulio Riggino,



**Tri-M Advisor: Meaghan O'Connor-Vince**

Alec Pageau, Azaria Shipman, Caralena Lindberg, Ciarra Hupp,  
Delilah DeYoung, Hannah Dutra, Keely Touhey,  
Mariana Durango Bedran, River Dubner, Ryan Christensen



**Human Rights Club Advisor: Randi Gallerani**

Abby Creedon, Annie Kennedy, Brenna Mullin, Brody O'Donnell,  
Birch, Catherine Curley, Cece Brisbois, Dana Edwards,  
Elisabeth Baird, Grace Curley, Lillie Burke, Morgan Beco,  
Natalia Devincent, Shelby Locascio, Teagan Geraghty





**Wondering Amongst the Books Advisor:**

Sharon Morgan, Liz Freedman

Alyvia Garneau, Dr. Rabold, Jalaina Melendez,  
Ms. Freedman, Ms. Morgan, Ms. Welch, Triniece Clegg,  
Violet Peters,



**RPG Club Advisor: Nicole Harkins**

Nancy Jackson, Zachary Anastasia, Kendall Gomes,  
Harry Warren, Aidan Joyce, Aaron Liebowitz, Henry Richardson,  
Jordan Munoz, Addyson Breen, Joke Hughes, Aaron Henry,  
Bailey Thatcher, Lucca Brandau, Gabriel D, Sam White,  
London Williams, Miquel Munoz



**Student Council Advisor: Steve Moynihan**

Amalia Thompson, Brody O'Donnell-Birch, Brynn Dennis, Derrell Allen,  
Caitlyn Marczy, Chloe Egan, Damir Raspante, Elisabeth Baird, Ella  
Kostovick, Faith Bright, Gianna Scibelli, Hannah Alice Dutra,  
Jalaina Melendez, Jane Costello, Lily Pawsey, Lucie Ellis,  
Madeleine Brown, Malia Johnson, Maria Eduarda Zanelato, Molly Cahill,  
Paisley Powers, Paloma Savinon, Riley Croteau, Ryan Field, Samantha  
Marczy, Victoria Dinn, Vivian Nguyen, Yunna Hu



**National Art Honors Society Advisor: Filipe Miguel**

Tobias Everett, Jessica Hernandez, Sulan Rodrigues,  
Brianna Putnum, Lucy Sherman, Tim Bingham, Pablo De Sousa,  
Christopher Cox, Cha'allesheva Weir, Kristen Robinson, Aaron  
Henry, Nariah Turner



**Anime Club Advisor: Mike Petze**

Jeanine Bowdre, Latavia Thompson, Amber Fena, Joseph Watson, Lucca  
Brandao, Logan Rockwell, Marcelo Diamantino, Hayden Mori,  
Luke Santos, Emiliane Belli, Aidan Scichilone, Angelia Spagnuolo,  
Austin Davgnon, Bruno Maia, Hayley Lamb, Sam Candia, Sean Quinland,  
Shani James, Shobal Cadet, Tafari James, Tea Wheldon,  
Timothy Bingham, Zorion Rowe



**Art Club Advisor: Micaela Champagne**

Jeanine Boudreau, Kianna Hichs, Laycey Stanley, Riley Huber,  
Selah Alvarado



# SENIOR

*Seniors vote on the top two senior students that best fit each superlative.*

## BEST HAIR:

Garrett Sheehan

Shea Semprini



## BEST SMILE:

Rayssa Lima



Sydney Bright



## BEST LAUGH:

Liz Rodolakis



Lindsay Jones



## BORN IN THE WRONG DECADE:

Alyssa De Moraes



Molly Hudson



## PAG RAT:

Eamon Welch-Viens



Remy Borden



## CLASS GLOWN:

Qwen O'Connor



Morgan Dennis





**BEST EYES:**

**BEST PERSONALITY:**

**BEST DRESSED:**

**BEST SENSE OF HUMOR:**

Annabelle Kane

Colin Brewer

Grace Bunnell

Destinee Powell

Henry Nelson

Oona Grace

Michael Mendes

Olivia Edmons

# SUPERLATIVES

**CLASS COUPLE:**

**BIGGEST HEART:**

**MOST FRIENDLY:**

Madelyn Perry

Domanic Ford

Renna Kingsbury

Vincent  
DiGiacomo

Lillie Ells

Jordynn Johnson



# SENIOR

*Seniors vote on the top two senior students that best fit each superlative.*

## **MOST ARTISTIC:**

Rose Bancroft

Jake Kayajan



## **MOST THEATRICAL:**

Ellie O'Toole

Maryana Crawley



## **MOST ATHLETIC:**

Joslin Cabral

Will Robke



## **MOST LIKELY TO BECOME A CELEBRITY:**

Lupe Pagnussat

Danica Vernet



## **TALLEST AND SHORTEST:**

Coley Buckler

Yasmin DaSilva



## **MOST MUSICAL:**

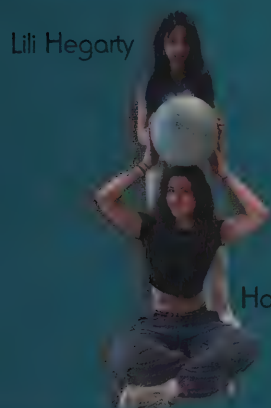
Hannah Dutra

Brendon DaSilva





**DOWN TO EARTH:**



Lili Hegarty

Hannah Jensen

**LATE TO GRADUATION:**

Aidan McDowell



Sam Desrocher



**MOST LIKELY TO BECOME PRESIDENT:**



Ryan Christensen



Jhulia Verdeiro

**FUTURE BOSS:**



Lucy Komar

Alex Arabadzhiev

# SUPERLATIVES

**PARTNERS IN CRIME:**

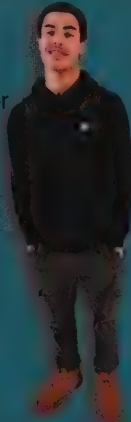
Isaiah Palazzolo



Sam Colesano

**WORST CASE OF SENIORITES:**

Dylan Sumner



Dillon Vigneau

**MR. BHS:**

Pawsey



Daniel Botol



# TEACHER SUPERLATIVES

The class of 2023 votes for which two teachers fit each superlative category.

## Most SCHOOL SPIRIT



Mr. Taylor



Mrs. Swindler

## Biggest Heart:

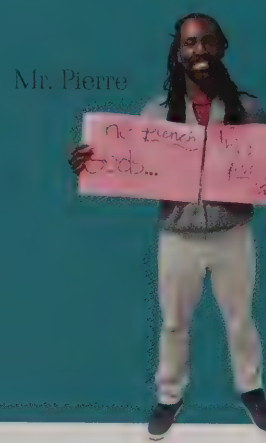


Mrs. Johnson



Mrs. Whidden

## Most Quotable:



Mr. Pierre



Mrs. George

## Best Music Taste:

Mr. Jansen



Mr. Maguire

## Most Recognizable Voices:

Mrs. Peters



Mrs. Grey

## Cutest Couples:

Mr. Shea and Ms. Sweeney



## Most Likely to Live at the School:



Mrs. Kaser



## Most Parent-Like:



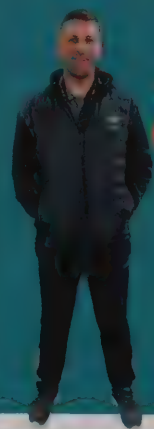
Mrs. Wytrawl



Mrs. Anderson

## Most Athletic:

Doc



Jatkola



Biggest *Comedian*:



Mr. Dumas



Mr.  
McLaughlin

Most **Fashionable**:

Mr. Shea



Ms. Butterfield

Biggest **Caffeine Addict**:

Ms. Maurice



Mr.  
Holland

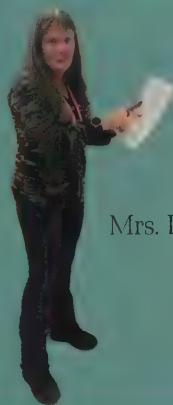


Most Likely to *Say It How It Is*:

Ms. Scholes



Mrs. Lahteine



Most Likely to be Mistaken for a Student:

Mrs. Briggs



Ms. Gallerani



Most *Inspirational*:

Mr.  
Kuntzman



Mr. Hill



**Dynamic Duo**:

Mrs. Nystrom



Mrs. Taylor

Best **SMILE**:

Mrs. Whidden



Mr.  
Pierro







ovanna Pereira eating Açaí, a well known dessert in Brazil.



Ellie O'Toole eating escargot in France.



Jerk Chicken, a popular Jamaican dish, is a favorite of Alexcia Wright.



Will Robke eating croissants with his family in France.

# make your MARK

Take a look at some of the senior adventures throughout the year. Whether it is for cultural school trips, family visits, or just for fun!



Isabella De Oliveira swimming with her cousin in the Dominican Republic during a cruise.



BHS students on a French class trip to France.

Jess Maldonado takes a photo with her father and brother in Ecuador near a famous cathedral.



Sarah Boumghait on a family trip in Morocco during a visit to Kasbah Museum.



Anna Julia Coelho on Copacabana beach in Rio De Janeiro during New Years.



Rose Bancroft takes pictures of the view in Hluhluwe KwaZulu-Natal, South Africa.







This food is called Yomari. Aakriti Bindukar was part of a festival called "Yomahi Punhi" that takes place every year in Nepal.



Naan and Chicken Masala are a traditional dish from Pakistan, a popular food enjoyed by Nimra Asim and her family.



Feijoada is a traditional dish from Brazil. Rebeca Da Silva visits Brazil every year.



Jensi Patel in Valsad Gujrat, India. The popular food is called Sev Puri.



Alex Arabadzhiev in Riga, Latvia. He was in a NSLI-Y program over the summer.



Aakriti Bindukar wears a Newari dress in Nepal.



A group of seniors and teachers stand in front of one of the oldest and first buildings in Dhaka, Bangladesh on a class trip in February 2023.



Nimra Asim dresses in traditional clothing in Pakistan.



# Walking down the right path

Let's take a look at the different internship pathways Barnstable has to offer.



## Child Development

Samantha Judge and Haley Demanche help kids learn during their internships.



## Forensics



Louann Moss comforts the animals after their surgeries at Vet Associates of Cape Cod.



Forensics class experiments with finger prints, autopsies and crime scene evaluation.



## Senior Survey:

**Sam Marotto: Buisness**



**What do you do?** "Payroll, invoices, inventory, assist financial team, and handle the money."  
**What do you learn?** "I learn how to apply math to the business world."  
**Is this a potential career after high school?** "No".

**Geovanna Pereira: Certified Nursing Assistant**



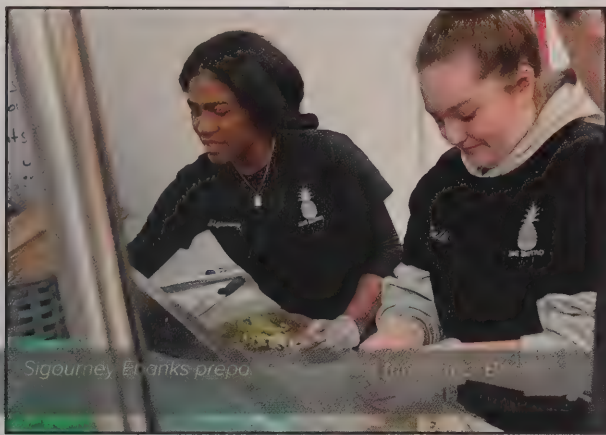
**What do you do?** "During our clinical, I help the residents with their activities of daily living."  
**What do you learn?** "One thing we have done is get CPR certified which is a good skill to have."  
**Is this a potential career after high school?** "I consider CNA a stepping stone to my future of being a Doctor".

**Owen Tuepker: Environmental Science**



**What do you do?** "I take care of animal rescues, invasive species, and endangered species."  
**What do you learn?** "I've learned how to save turtles and other marine animals."  
**Is this a potential career after high school?** "Yes".

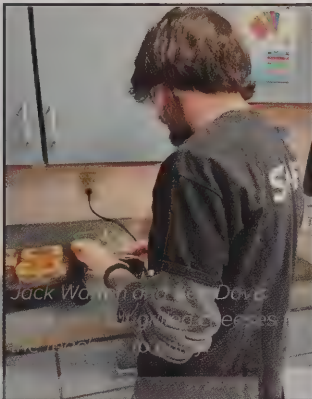
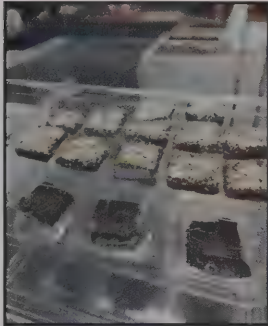




## Culinary



Kemp's ridley sea turtle being rescued after found cold stunned on the beach.



## Environmental Science



Exploring Sandy neck and our local marshes



## Police Department



Officer Dennis Stampfl, Denrick Francis, Katherin Torres-Sola, Damon Alty and Sergeant Gene Desruisseaux celebrate the holiday season at Brazillian Grill.



Baby Diamondback Terrapin turtles



### Sigourney Ebanks: Culinary Arts

**What do you do?** "We prep salads and take teachers orders, run the cash registers, stuff like that".

**What do you learn?** "We learn about cross contamination and how to handle food safely".

**Is this a potential career after high school?** "No".



### Samantha Judge: Child Development

**What do you do?** "I work with students one-on-one. I also assist the teachers with classroom tasks".

**What do you learn?** "I have learned the day-to-day life of a teacher".

**Is this a potential career after high school?** "Yes, I will be attending Bridge Water State next year majoring in Elementary".



### Katherin Torres-Sola: Police Department

**What do you do?**

Community service work.

**What do you learn?** "I've learned self defense and a lot about the homeless system".

**Is this a potential career after high school?** "This is a potential career, it is a pathway to what I want to do in the future".



Designed by Lilianna Hegarty



# meet the STAFF

get personal with the 2023 yearbook staff



## AJ Coelho

is a Senior Editor for the yearbook. If she could go back in time, she would go to the year 2019. Her favorite family tradition is spending Christmas and New Years with her Brazilian family. AJ's favorite sports to watch and play are volleyball and soccer.

## Remy Borden

is an Arts Editor in the yearbook. If they were a superhero their power would be shape-shifting. They listened to "You Belong With Me" by Taylor Swift 706 times in the past year, making it the song that best sums Remy up.

## Haley Demanche

is a Sports Editor for the yearbook. Her biggest fear is having an allergic reaction. Her favorite book is "Live in Love" by Lauren Atkins. The best gift she has ever been given was a surprise trip to Disney. Aside from necessities, Haley could not go a day without chocolate milk.

## Hannah Framson

is a Design Editor in the yearbook. Her favorite clothing item she owns is a Shacket. If she could only eat one meal for the rest of her life, it would be a Chick-fil-a sandwich with no pickles and a medium fry.

## Jordyn Johnson

is a Sports Editor for the yearbook. The best gift she's ever received was a puppy! If she could have a meal with any four celebrities living or dead they would be Jim Carrey, Adam Sandler, Emma Watson, and Morgan Freeman.

## Caroline DeFeudis

is the Editor-in-chief of the yearbook. Her favorite music artists are SZA and Frank Ocean. Aside from necessities, she could not make it through a day without her AirPods. The best gift she has been given was a trip to New York to take dance classes in the city.

## Lili Hegarty

is an Student Life editor for the yearbook. Her biggest fear is needles. The best gift she has been given were her dogs, Nolla and Bailey. Aside from necessities, one thing Lili could not go a day without is music. Her favorite clothing item she owns in her Carhartt sweatshirt.

## STAFF'S STRANDED ISLAND MUST HAVES:

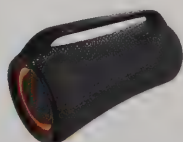
yearbook staff chooses items they just couldn't live without...



Sophie's coloring book



Hannah's Aquaphor



Caroline's speaker



Sara's sunscreen



Mrs. Whidden's chapstick



Liv's Bible



Oona's Converse





### **Mrs. Whidden**

This is Mrs. Whidden's tenth year as Barnstable's yearbook adviser. Her biggest fear is bees. Mrs. Whidden's favorite family vacation is going to Portland, Maine twice a year. She loves spending time with her two daughters, Olivia and Harper, and working out at B/SPOKE.

### **Sara Boumghait**

is a sports editor for the yearbook. If she could live anywhere, she would like to live in Australia because of its beautiful beaches. In addition, Sara would love to learn to surf. Her favorite family vacation is going to Morocco every summer.

### **Madison Carney**

is a Student Life Editor in the yearbook. Her biggest fear is being covered in bugs. If she could only eat one meal for the rest of her life, it would be sushi. Her favorite family vacation is skiing. Lastly, Maddie's favorite clothing item is a crew neck sweatshirt.

### **Livia Reine**

is a Senior Editor in the yearbook. If she could live anywhere she would choose Salvador, Bahia. Liv's ultimate favorite sport to watch and play is soccer. Her favorite fast food chain is Subway and her favorite family recipe is her grandma's banana bread.

### **Sophie Mendoza**

is an Arts editor for the yearbook. Her favorite family recipe is her mom's caramel corn. The song that best describes her is "Literal Legend" by Ayesha Erotica. Sophie's favorite clothing item she owns is her Jesus costume.

### **Oona Grace**

is a Design Editor in the yearbook. Mac Miller is her favorite musical artist. The best gift she has been given is her cat, Holly. Her favorite sport to watch is baseball, specifically the Red Sox.

### **Bella De Oliveira**

is a Social Media Editor and Student Life editor for the yearbook. She speaks two languages. Her favorite music artist is Elevation Worship. The best gift she's ever been given is her phone. Bella's favorite foreign food is Brazilian cuisine.



AJ's swan float

Maddie's sweatpants

Jordynn's hammock

Lili's baby blanket

Bella's tanning oil

Remy's dinosaur

Haley's Cape Cod blanket





*A sun sets on the horizon, representing the end of one journey and the beginning of another.*

# The nextChapter

*Barnstable celebrates five retirees as they move on to retirement.*

This year, Barnstable says goodbye to five staff members as they take their next step into a teenager-free life! Kim Clarkson, Julie Lariviere, Bob Donehey, Beth Yessin, and David Lytle have decided that after some wonderful years at BHS, it's time for them to begin their next chapter. Whether you were an educator or dean, we are grateful for these amazing people to have been with us. The patience, kindness, and endless dedication shown to this school will forever be remembered.

*We could never forget the lessons they have taught us or the memories given, Barnstable hopes that they have a peaceful retirement.*



# saying

# goodbye

Staff veils

Mr. Wanat remembers Donehey as a sincere and kind human. He took his responsibilities seriously while still having fun. Wanat will miss the morning talks at the bus.



Ms. Lariviere

**Most embarrassing memory?**

I fainted in 6th grade while giving a speech and my teacher had to catch me!

**One thing you want to change + one thing you'd keep the same**

All my experiences have led me to where I am, I wouldn't change a thing

**Biggest lesson learned?**

Get up everyday and do what you need to do, and go to bed every night.

**Dream vacation?**

Go to Finland with my mom, sister, and cousin

**Best excuse student gave you?**

"My mom got in a car accident, and she wrote the other person's information on my homework, so I don't have it."

**Most embarrassing memory?**

Falling in the hallway for passing time

**One thing you want to change + one thing you'd keep the same**

I would keep my awesome colleagues, but I would make students wear uniforms

**Biggest lesson learned?**

Jesus lives!

**Dream vacation?**

A tropical paradise

**Best excuse student gave you?**

"What homework?"

**Most embarrassing memory?**

Working with Mr. Wanat!

**One thing you want to change + one thing you'd keep the same**

I'd keep the flow between the counselors but I would add more deans to the school.

**Biggest lesson learned?**

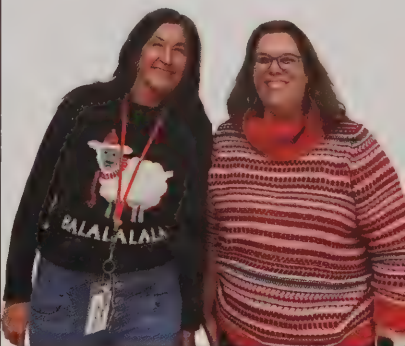
If you respect people, they will show the same respect.

**Dream vacation?**

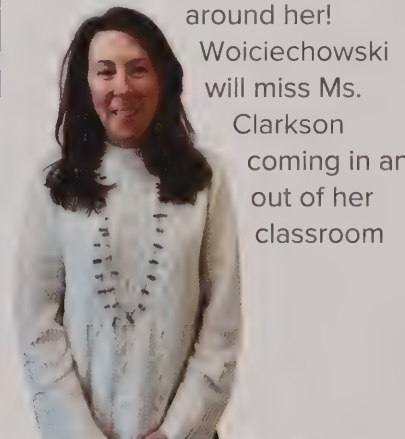
Anywhere with my wife

**Best excuse student gave you?**

Nobody tried to give me an excuse



Mrs. Wojciechowski will remember Ms. Clarkson as a generous educator and friend. A humble person who loves to bake or bring treats for those around her!



Wojciechowski will miss Ms. Clarkson coming in and out of her classroom

Ms. Clarkson

Mr. Donehey





# CONGRATULATIONS *class of 2023!*

***Class of 2023,***

*If you are reading this, you've probably flipped through all 176 pages of this yearbook. Pages brimming with color, emotion, community, creativity, and hard work. The hard work and dedication of thirteen yearbook students who created this book from cover to cover. A task that would have been impossible without their devotion.*

*Thirteen yearbook students tirelessly conducted interviews, captured photos, attended sports games, designed layouts, and edited each page with precision and care. If you find that there is a misspelling or an omission, we apologize. Mistakes are inevitable when creating a product of this magnitude. We hope you have enjoyed every moment of your high school career, and every moment captured in these pages. A special thank you to the 2023 yearbook staff: Caroline, Hannah, Haley, Sophie, Oona, Sara, Jordynn, Liliana, Livia, Bella, Remy, AJ, and Maddie for putting up with me all year. I am so proud of you all, and I have loved every minute of this journey with you.*

***May you enjoy the journey that awaits you!***



AUTOGRAPHS





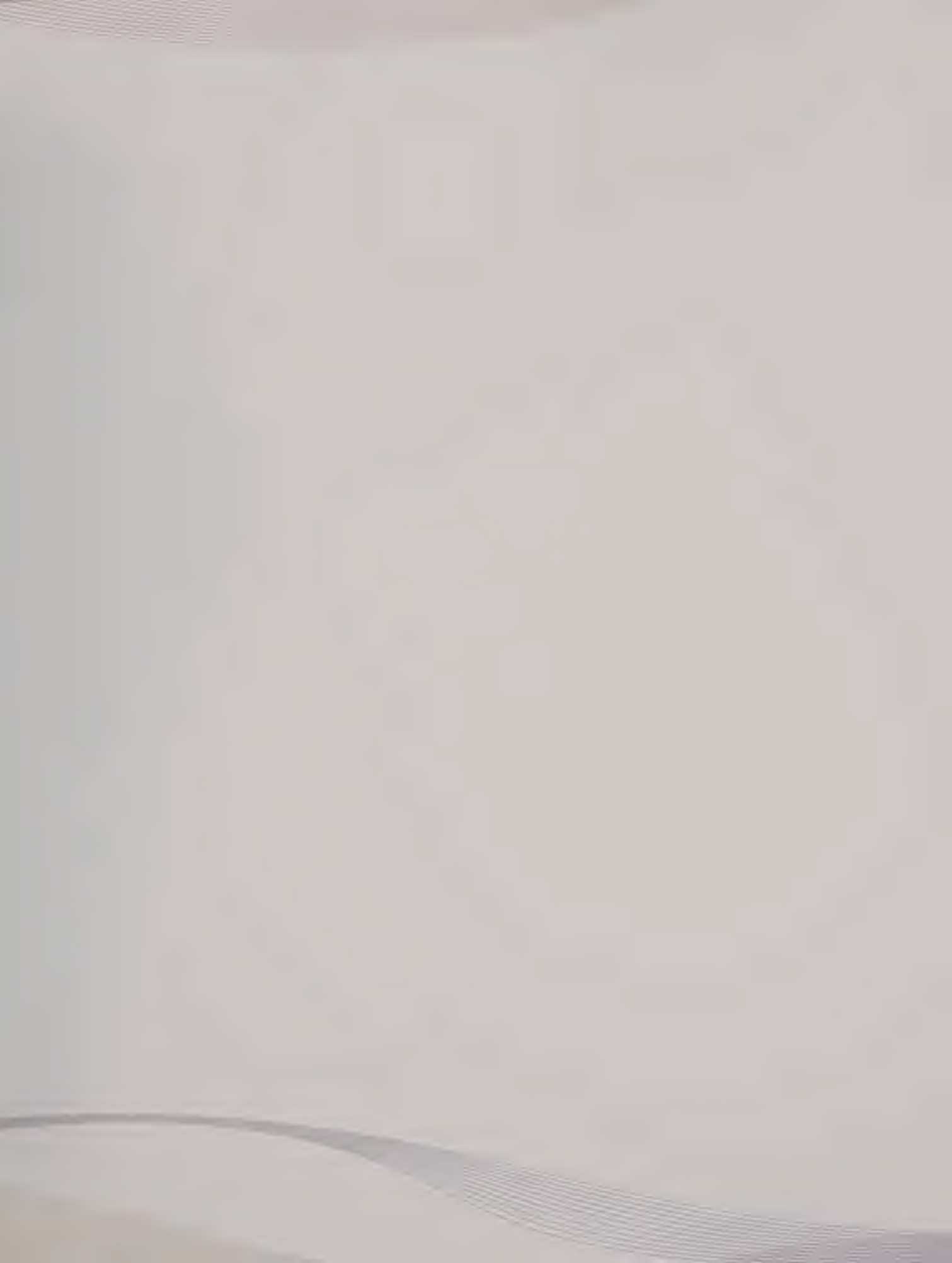






























## **Samantha Tyler**

has run track since 8th grade, and has placed multiple times in triple jump. She has been in the hospitality program for four years now, and has been a part of the Engineering pathway since 8th grade which has sparked an interest in what she would like to go to college for.



## **Barney, the Red Hawk**

is the mascot of BHS. He is run by the students and appears at social events like football and volleyball games. He is featured in B2B segments and attended the Rolling Rally. He is a spirited motivator for all of the teams at Barnstable High School.

## **Danica Vernet**

is Haitian American and can almost fluently speak Haitian Creole. She loves art and has been taking classes for six years, including the fashion course at BHS. This year will be her fifth year playing softball. She has taken French for five years and is president of the French Honors Society. Danica is also member of the Student Ambassadors club.



## **Domanic Ford**

is one of the captains of the football team. He has played football since he was nine years old and enjoys it a lot. He is also heavily involved in the business program at Barnstable. He is a member of DECA and has been for three years now.



## **Annabelle Kane**

has been on both the girls soccer and lacrosse team for the past five years. She started playing lacrosse when she was twelve years old, and last year she was awarded the "Unsung Hero" award. She is also a part of the Community Empowerment and Leadership Club as well as being a Peer Leader. This year she is taking CNA in order to help her pursue her goal of becoming a Nurse Practitioner after high school.





## Jhulia Verdeiro

is heavily involved in the Arts pathway at BHS. She's been doing fashion for four years and participated in the annual fashion show for three of them. This year, she is making a senior line in which she designed outfits based off the "femme fatale" aesthetic. She's also involved in mural works around the school. Additionally, she is a part of Peer Leadership and Student Ambassadors. Fun fact: Jhulia is the creator of this year's yearbook cover!



## Ana Brenda DaSilva

is on the varsity soccer team. She has played soccer on and off since 9th grade and found it was a great way to meet new people and be involved in the school. She was also a part of the Key club, and C.E.A.L club since her sophomore year. Ana Brenda has also been a peer leader for the past two years.



## Caralena Lindberg

has been a member of the BHS Drama Club for four years, and has loved to perform ever since she was young. Aside from drama, she is also a member of Tri-M, French Honor Society, and a part of the senior prom planning committee. In her free time, she enjoys reading, drawing, and writing stories.



## Caitlyn Marczely

has been playing field hockey since her eighth grade year and it has been her favorite sport to play. This year she received the "Honorable Mention" and the "Unsung Hero" award. In addition to field hockey, she is also a member of the National Honors Society, Math Honors Society, FPS, and Student Council.

## Olivia Edmonson

is a CNA student here at Barnstable as well as a child development mentor, and she really enjoys doing both. Over the past two years she has been a youth leader for a program called UKSD. As she is a very outgoing person, she is also a Community Empowerment Club mentor.





“Moments come and go,  
but memories last forever.”

*Andrea Verdone*

**balfour**